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Britain's biggest-selling food magazine

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EST 1989

March 2025

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Mother's Day carrot cake pancakes

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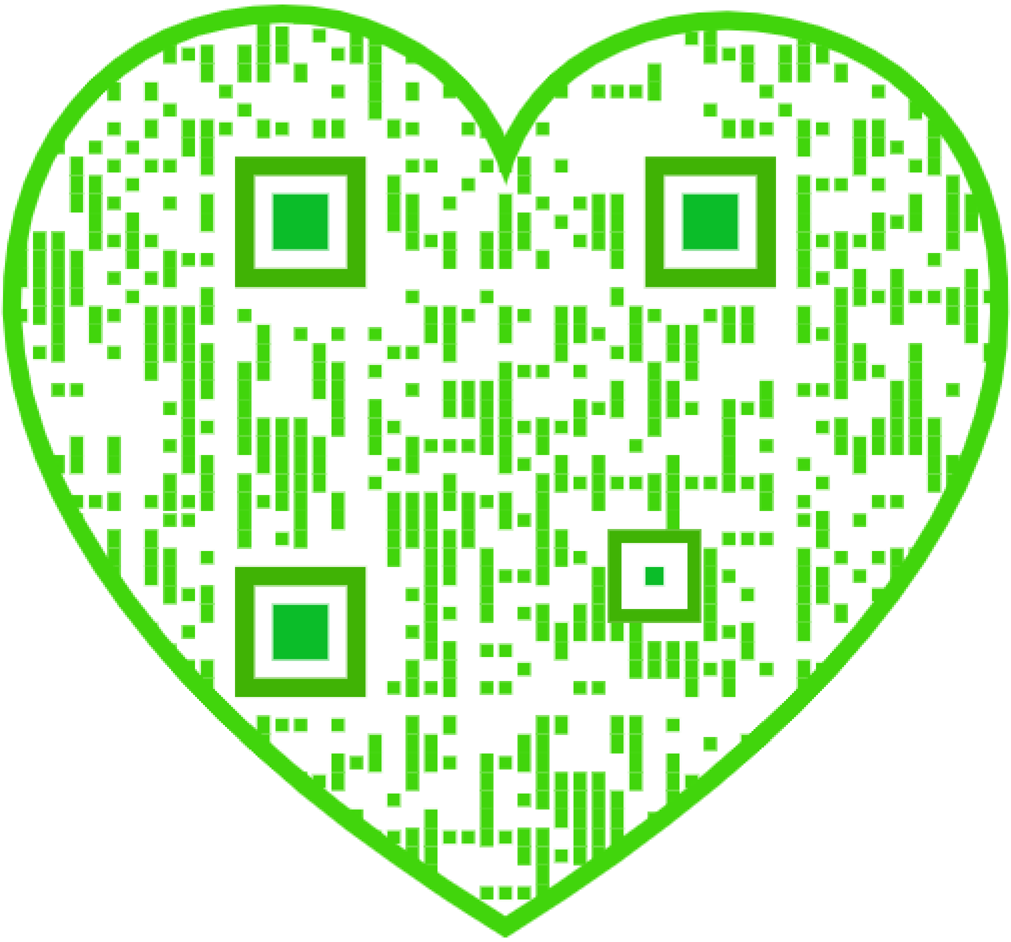
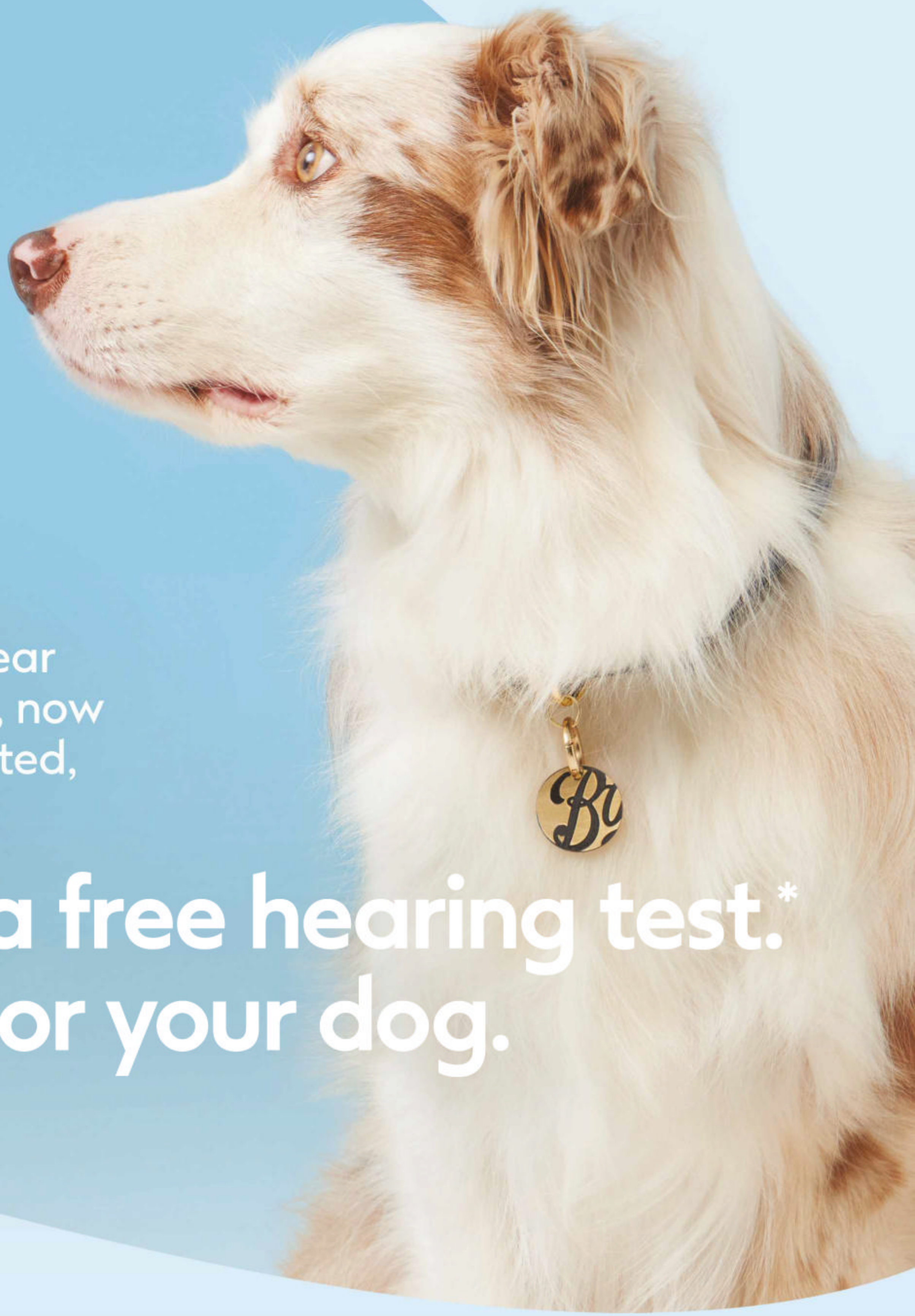
Sunday surprises Sticky sausage roast | Mushroom curry pie





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Welcome to March

It doesn't take much to inspire a celebration at the Good Food office, and this month, there are many occasions to enjoy. Of course there's no better way to bring people together than by sharing delicious food, so with this very special issue, we're sharing ideas to help you do just that. Our feature on page 35 showcases hara bhara kabab for Holi, the Hindu spring festival; bejewelled saffron chicken rice to mark Nowruz (Persian New Year); lamb curry for Eid – which Muslims enjoy at the end of Ramadhan fasting; a scrumptious mud pie pancake stack for Shrove Tuesday; and pancetta leek pasta for St David's Day. You'll also find Graham Herterich's traditional Irish stew for St Patrick's Day (p48)– and let's not forget Mother's Day (p100). And, if all that isn't enough, get set for Easter with our marvellous M&M'S® treats (p20). Wishing you all a very happy everything!

Keith

Keith Kendrick,
Group magazines editor
@keithk_goodfood

3 of my faves from this month's issue

MOTHER'S DAY TART
I'll be making this feta & pea tart for my wife (on our children's behalf) for her big day. Find more inspiration on page 100.

YELLOW STICKER CHALLENGE
Make the most of end-of-the-day reduced produce with our roasted broccoli peanut crunch sandwich (p59).

M&M'S® MINIS FLORENTINES
These chewy treats are made with M&M'S®, plus chocolate, cranberries and almonds (p21).

COOK THE COVER (p21)

RECIPE
Cassie Best

PHOTOGRAPH
Chris Terry

FOOD STYLIST
Amy Kinnear

PROP STYLIST
Jo Harris

SHOOT DIRECTORS
Ben Curtis & Rachel Bayly

goodFOOD
Easter is coming

EXCLUSIVE! JULIET SEAR ON THE GOOD FOOD APP

Baker, author and TV personality Juliet Sear takes over our app with her veggie family recipes. Think: comforting bakes, air-fryer dishes and a cinnamon bun-style focaccia, available exclusively on our trusted app. Download today and enjoy six months' access for just 99p!

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Friends of Good Food

CHRIS PACKHAM
The naturalist and TV presenter explains how being conscious about what we eat can have a beneficial impact on the environment (p96).

NADIYA HUSSAIN
Nadiya's recipes take us on a journey through Islamic cuisine while evoking memories of her childhood (p42).

TONY NAYLOR
Do you know the difference between intensive and regenerative farming, or a carbon footprint and carbon neutral? Food writer Tony Naylor explains all (p125).

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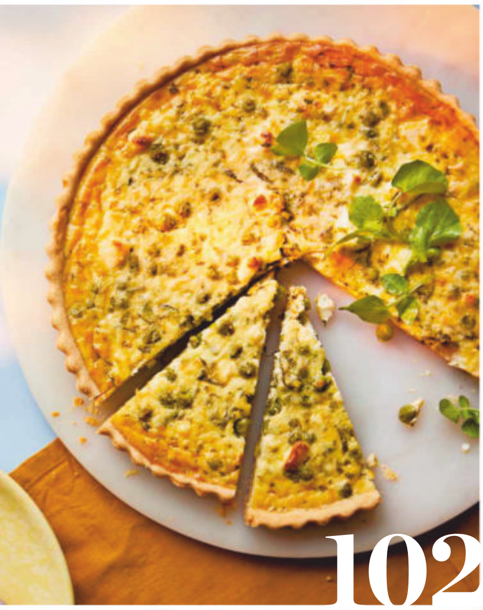

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Why you can trust goodFOOD

Good Food is the UK's No.1 food lifestyle media brand. We are passionate about food and cooking. While recipes are at the heart of what we do, we are committed to helping you have the best food experience you can, whether you're shopping for food, in your kitchen or eating out in the UK or abroad. This is what we promise:

Biggest and best
We're proud to be Britain's biggest-selling food magazine and the UK's No.1 food website, *goodfood.com*. Our contributors – chefs, our in-house team and confident columnists – are experts in their fields. Join the conversation in our twice weekly podcasts. Our best-selling cookbooks feature our trusted recipes.

Recipes for everyone
We always include quick, easy dishes, ideas for relaxed entertaining and more challenging recipes for when you want to take your skills up a notch.

Tested and trusted
All our recipes are thoroughly tested by experts to ensure they'll work for you. We put our gadgets through a rigorous testing process and carry out our taste tests fairly. Our restaurant and travel recommendations have all been tried by one of us.

Ethical
We care about the food we eat, the people who produce it and the effect this has on the world. In our test kitchen, we use humanely reared British meats, high-welfare chicken and eggs, and sustainable fish whenever possible. We aim to help you avoid food waste, with advice on using leftovers.

Healthy eating
Every recipe is analysed by our BANT-registered nutritionist, so you can be informed when you choose what to eat. We flag up vegetarian, vegan and gluten-free recipes. Find out more about our health philosophy on page 137.

Families and children
Families can need help to create harmonious mealtimes, so we address this by flagging up 'family' recipes. We encourage children and teenagers to get cooking with recipes that help them to learn new skills. Find out more at *goodfood.com/family-kids*.

Eating like a local
One of the joys of travel – both in the UK and overseas – is discovering great food. Our features are written from an insider perspective by on-the-ground writers and food and travel journalists.

Independent and respected
We are impartial and independent, so you can trust our advice and recommendations on everything from restaurants and wine to kitchen gadgets and more. We encourage your input on your local finds, and appreciate your feedback on our recommendations.

Food is our passion and pleasure
We take food seriously, but we also believe it's a pleasure to be enjoyed, whether cooking for the family, trying an unfamiliar ingredient, buying new products or eating out. We share our food discoveries and adventures with you – and love you to share the same with us on social media using *#goodfood*.

GENERAL ENQUIRIES
020 7150 5865
(Mon-Fri 9.30am-5.30pm)
goodfood@immediate.co.uk
Good Food,
Immediate Media,
44 Brook Green,
London W6 7BT
VISIT US ONLINE
goodfood.com

SUBSCRIPTION ENQUIRIES
03330 162 124
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READER OFFER ENQUIRIES
020 7150 5358
liza.evans@immediate.co.uk

Our commitment

At Immediate Media, publishers of Good Food, we respect and value differences. We understand that when people from different backgrounds and with different points of view work together, we can create the most value for our readers, our people and society. We always strive to be inclusive, but we need to do better. We have been taking time to listen and understand how we can make positive changes, and how we can better support and increase diversity across all our brands. We continue to work on a comprehensive plan to create and drive authentic change.

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gF INSTANT RECIPE FINDER

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● Vegan

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Surprising SUNDAY LUNCHES

Stuck in a roast dinner rut? Try one of our enticing new ideas for your next weekend get-together

recipes GOOD FOOD TEAM *photographs* CHELSEA BLOXSOME *and* JAMES LEE

Sausage, miso & savoy cabbage one-pan roast, p12

Spring green chicken stew with cheddar dumplings

When spring is just around the corner but there's still a chill in the air, make this transitional Sunday lunch. Fresh pesto lifts the flavour of this stew, but you can substitute it with a jar if you have one that needs using up.

SERVES 4 **PREP** 20 mins
COOK 2 hrs **EASY** ❄

2 tbsp olive oil
8 skinless, boneless chicken thighs
100g smoked bacon lardons, pancetta or chopped bacon
1 large onion, chopped
1 leek, chopped
2 garlic cloves, crushed
2 tbsp plain flour
100ml white wine
500ml chicken stock
2 bay leaves
100g fresh pesto
small bunch of basil
80g watercress
100g frozen peas

For the dumplings
125g butter
200g self-raising flour
75g extra mature cheddar, grated

1 Heat the oil in a large flameproof casserole dish over a medium-high heat and brown the chicken on all sides until golden all over (you may have to do this in batches). Remove to a plate and set aside.

2 Fry the lardons in the dish for a few minutes, then add the onions and leeks. Cook over a medium heat for 8-10 mins until the vegetables have softened. Stir in the garlic and cook for another minute, then add the flour. Season and cook for 2 mins more.

3 Slowly stir in the wine and cook until it has bubbled away, then stir in the stock. Return the chicken to the dish along with the bay leaves and cover with a lid. Reduce the heat to a simmer and cook for 45 mins-1 hr, or until the chicken is tender. *Once completely cool, the stew will keep frozen for up to three months. Defrost in the fridge overnight, then reheat in a pan before continuing.*

4 Put the pesto, most of the basil, the watercress and a ladleful of hot liquid from the dish in a food processor or blender. Blitz to a loose green paste, pour into the stew and add the peas. Remove from the heat.

5 Heat the oven to 200C/180C fan/gas 6. To make the dumplings, rub the butter into the flour until it resembles fine breadcrumbs. Mix in half the grated cheese and some seasoning, then add 110ml water, mixing it in using a cutlery knife to form a light, sticky dough. Break off walnut-sized lumps of the dough and shape into small balls.

6 Put the dumplings on top of the stew, then scatter over the remaining cheese. Transfer the dish to the oven. Bake for 25 mins until the dumplings are golden brown and cooked through. Scatter over the remaining basil to serve.

GOOD TO KNOW calcium • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 1022 kcals • fat 65g • saturates 28g • carbs 57g • sugars 8g • fibre 7g • protein 46g • salt 3.44g

Shoot director BEN CURTIS and RACHEL BAYLY | Photographer JAMES LEE | Food stylist AMY KINNEAR | Stylist JO HARRIS

Sausage, miso & savoy cabbage one-pan roast

Infuse umami flavours such as miso, tahini and mirin into this hearty sausage and butter bean traybake for a low-key but flavour-packed dinner.

SERVES 4-6 **PREP** 15 mins
COOK 45 mins **EASY**

- bunch of spring onions
- 2 tbsp sesame oil
- 3 tbsp mirin
- 2 tbsp white miso
- 1 lime, juiced
- 1-2 tsp chilli flakes, or to taste
- 8 pork or vegetarian sausages (we used Cumberland-style)
- 1 large savoy or sweetheart cabbage, trimmed and cut into 4-6 thick wedges, with the root left intact
- 15g ginger, peeled and finely grated
- 2 large garlic cloves, crushed
- 1 tbsp rice vinegar
- 1 tbsp tahini
- 2 x 400g cans butter beans

1 Finely slice the white ends of the spring onions and set aside. Finely shred the green tops, plunge into a bowl of cold water and set aside.

2 Heat the oven to 200C/180C fan/gas 6. Combine 1 tbsp of the sesame oil with 1 tbsp each of the mirin and miso, a splash of the lime juice and most of the chilli flakes. Tip the sausages and cabbage wedges into a large roasting tin and brush over the glaze, making sure both sides of the cabbage wedges are coated. Roast for 20 mins.

3 Meanwhile, combine the finely sliced spring onion ends with the remaining sesame oil, miso, mirin, lime juice, chilli flakes, the ginger, garlic, tahini and rice vinegar in a large bowl. Drain one can of butter beans and add these to the bowl, then tip in the other can of butter beans (including the liquid) and stir well. Fill one of the cans a third of the way up with water, then pour into the bowl and stir to combine.

4 After 20 mins, remove the sausages and cabbage from the tin to a plate, and pour the butter bean mixture into the tin. Nestle the sausages and cabbage wedges on top, and cook for 20-25 mins more until the liquid has reduced and the sausages are browned. Drain the shredded spring onion tops and scatter these over, then serve.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING (6) 355 kcals • fat 18g • saturates 5g • carbs 25g • sugars 8g • fibre 11g • protein 17g • salt 1.46g

Caraway Seeds

Mushroom jalfrezi pie

Inspired by the Indian classic, this pie is made extra-special by working spices into the pastry. It's sure to please a crowd.

SERVES 4-6 **PREP** 40 mins plus chilling **COOK** 1 hr **EASY** **V**

1kg mushrooms, sliced
2 tbsp vegetable or sunflower oil
1 onion, sliced
1 red pepper, chopped
3 garlic cloves, crushed or finely grated
1-2 green chillies, finely chopped (deseeded, if you like)
2 tsp ground cumin
2 tsp ground coriander
1 tsp ground turmeric
2 tsp garam masala
400g can chopped tomatoes
120g spinach

For the pastry

200g plain flour, plus extra for dusting
100g wholemeal plain flour (or use more plain flour)
150g cold butter, cut into cubes
1 tbsp caraway seeds
1 egg yolk or ½ tbsp plant milk (if using egg yolk, freeze the white to use in another recipe), plus extra for brushing

1 For the pastry, put the flours and butter in a food processor. Blitz until the mixture resembles fine breadcrumbs (you can also rub them together using your fingers). Tip in the caraway seeds and pulse to combine. Add the egg yolk or plant milk and pulse again until you have a soft dough. If needed, add more plant milk or water, ½ tsp at a time, just to bring the dough together. Chill for 20 mins.

2 Tip the mushrooms into a large frying pan. Cook over a medium heat until the liquid has been released and evaporated, about 15 mins. Drizzle in the oil, then add the onions and peppers. Fry for 8-10 mins until the mushrooms are golden and the veg has softened.

3 Stir in the garlic and chillies and cook for 1-2 mins until fragrant. Add the spices, stir and cook for 1 min before adding the tomatoes and half a can of water. Stir, then cook for 5-10 mins until thickened slightly, adding a little water if needed to loosen. Add the spinach and cook for a few minutes to wilt.

4 Heat the oven to 200C/180C fan/gas 6. Tip the mixture into a pie dish. Roll the pastry out on a lightly floured surface until ½cm thick and large enough to cover the dish. Lay it on top and crimp the edges to seal. Poke a couple of holes in the top for steam to escape, then brush with some egg yolk or plant milk. Bake for 30-35 mins until golden.

GOOD TO KNOW folate • fibre • vit c • iron • 2 of 5-a-day

PER SERVING (6) 486 kcals • fat 27g • saturates 14g • carbs 44g • sugars 6g • fibre 7g • protein 13g • salt 0.51g

Sausage & nduja lasagne

This is inspired by the Italian-American tradition of 'Sunday sauce', which sees families make a large pot of tomato-based ragu (sometimes with meatballs or sausage) and share it together.

SERVES 8-10 **PREP** 45 mins plus standing **COOK** 2 hrs 30 mins
MORE EFFORT

65g diced pancetta
3 tbsp olive oil
400g Italian sausages, skins removed
500g 20%-fat beef mince
2 carrots, finely chopped
2 celery sticks, finely chopped
2 onions, finely chopped
3 garlic cloves, grated
1 tbsp tomato purée
1 tsp chilli flakes
1 tbsp nduja
2 fresh bay leaves
1 thyme sprig, plus a few leaves to serve
1 rosemary sprig
2 x 400g cans chopped tomatoes
300ml red wine
500ml beef stock
40g butter
40g plain flour
600ml whole milk
½ nutmeg, grated
150g mascarpone
60g parmesan, grated
500g fresh lasagne sheets
125g ball of mozzarella, torn

1 Put the pancetta in a large flameproof casserole dish and cook over a low heat until the fat has rendered and the pancetta is crisp. Remove to a bowl using a slotted spoon. Drizzle in 1 tbsp of the oil.

2 Scatter in the sausagemeat and brown over a high heat for 8-10 mins until deeply golden. Remove to the bowl with the pancetta, then repeat with the mince and another 1 tbsp oil.

3 Add the remaining 1 tbsp oil to the dish, then scatter in all the veg and a good pinch of salt. Cook over a low heat for 15-20 mins until softened and starting to caramelise. Add the garlic, tomato purée, chilli flakes and nduja, and cook for 2-3 mins more until fragrant.

4 Add the herbs, chopped tomatoes, wine and stock, and bring to the boil. Return all the browned meats to the dish and reduce the heat to a simmer. Cover with a lid and cook for 1 hr 30 mins-2 hrs, stirring occasionally until all the veg is tender and the liquid has reduced.

5 To make the béchamel, melt the butter in a medium saucepan over a medium heat, then scatter in the flour and stir to make a paste. Cook for 1-2 mins, then add the milk, a splash at a time, whisking until smooth. Bring to the boil, stirring continuously, then season with salt, pepper and the nutmeg. Remove from the heat and whisk in the mascarpone and half the parmesan. Heat the oven to 200C/180C/gas 6.

6 To assemble the lasagne, ladle some ragu into a 30cm deep lasagne dish, top with a layer of lasagne sheets, then ladle in some béchamel. Repeat these layers until everything has been used up, finishing with a layer of béchamel. Scatter over the mozzarella and remaining parmesan. Put the dish on a baking tray and bake for 30-35 mins until golden and bubbling. Leave to stand for 15 mins, then scatter over a few thyme leaves to serve.

GOOD TO KNOW calcium • 2 of 5-a-day
PER SERVING (10) 706 kcals • fat 47g • saturates 22g • carbs 33g • sugars 11g • fibre 4g • protein 31g • salt 1.66g

Lemon & dill rainbow trout with pickled potato salad & radish slaw

Whole trout is a great alternative to a traditional meat roast, as it still feels special, but cooks a lot more quickly, with minimal prep. The potato salad and slaw are fresher, lighter sides, with a nod to the new season's produce.

SERVES 4 **PREP** 30 mins
COOK 25 mins **EASY**

4 medium rainbow trout, gutted and cleaned
1 lemon, sliced, plus extra wedges to serve
handful of dill
olive oil, for roasting and drizzling

For the slaw

200g radishes, cut into matchsticks
½ hispi cabbage, core removed and finely shredded
2 tbsp extra virgin olive oil
2 tbsp finely chopped parsley
2½ tbsp white wine vinegar
pinch of sugar

For the pickled potato salad

1.5kg new potatoes, halved or quartered if large
2 tbsp white wine vinegar
½ tbsp honey
3 tbsp mayonnaise
10 cornichons or 5 gherkins, finely chopped
10 silverskin pickled onions, finely chopped
1 tbsp wholegrain mustard
3 tbsp soured cream
1 tbsp finely chopped dill
1 tbsp finely chopped parsley
1 tbsp finely chopped chives

1 For the potato salad, boil the potatoes in a pan of salted water for 10-15 mins until fork-tender. Drain well, then tip back into the pan and leave to steam-dry for a minute. Mix in the vinegar, honey and some seasoning, then leave the potatoes to absorb the dressing as they cool.
2 Heat the oven to 200C/180C fan/gas 6 or an air fryer to 180C. Stuff the fish cavities with the lemon slices and a few dill sprigs. Rub all over with oil, put on a baking tray and season inside and out. Squeeze over a few lemon wedges, then roast or air-fry for 20 mins until the fish skin is lightly golden and the flesh is flaky when pressed.
3 Meanwhile, mix all the slaw ingredients together in a non-metallic bowl and season well. Put the cooled potatoes in a serving bowl and stir in the remaining salad ingredients, and season. Taste and add a splash more vinegar, soured cream or mayonnaise, if needed. Serve the roasted trout with the potato salad, slaw and the remaining dill scattered over.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 725 kcals • fat 30g • saturates 6g • carbs 58g • sugars 10g • fibre 10g • protein 49g • salt 1.12g

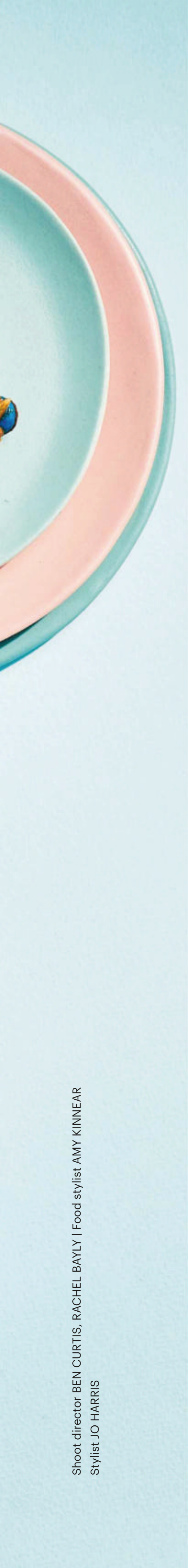
Shoot director RACHEL BAYLY | Food stylist ROSIE REYNOLDS
Stylist HANNAH WILKINSON

in association with m&m's

Easter is coming

Stock up on M&M'S® as the holidays draw near, then get the family in the kitchen to help make these treats

recipes GOOD FOOD TEAM ***photographs*** CHRIS TERRY



Shoot director BEN CURTIS, RACHEL BAYLY | Food stylist AMY KINNEAR
Stylist JO HARRIS

M&M'S® Minis florentines

MAKES 20-22 **PREP** 20 mins plus cooling and setting **COOK** 25 mins
EASY **V**

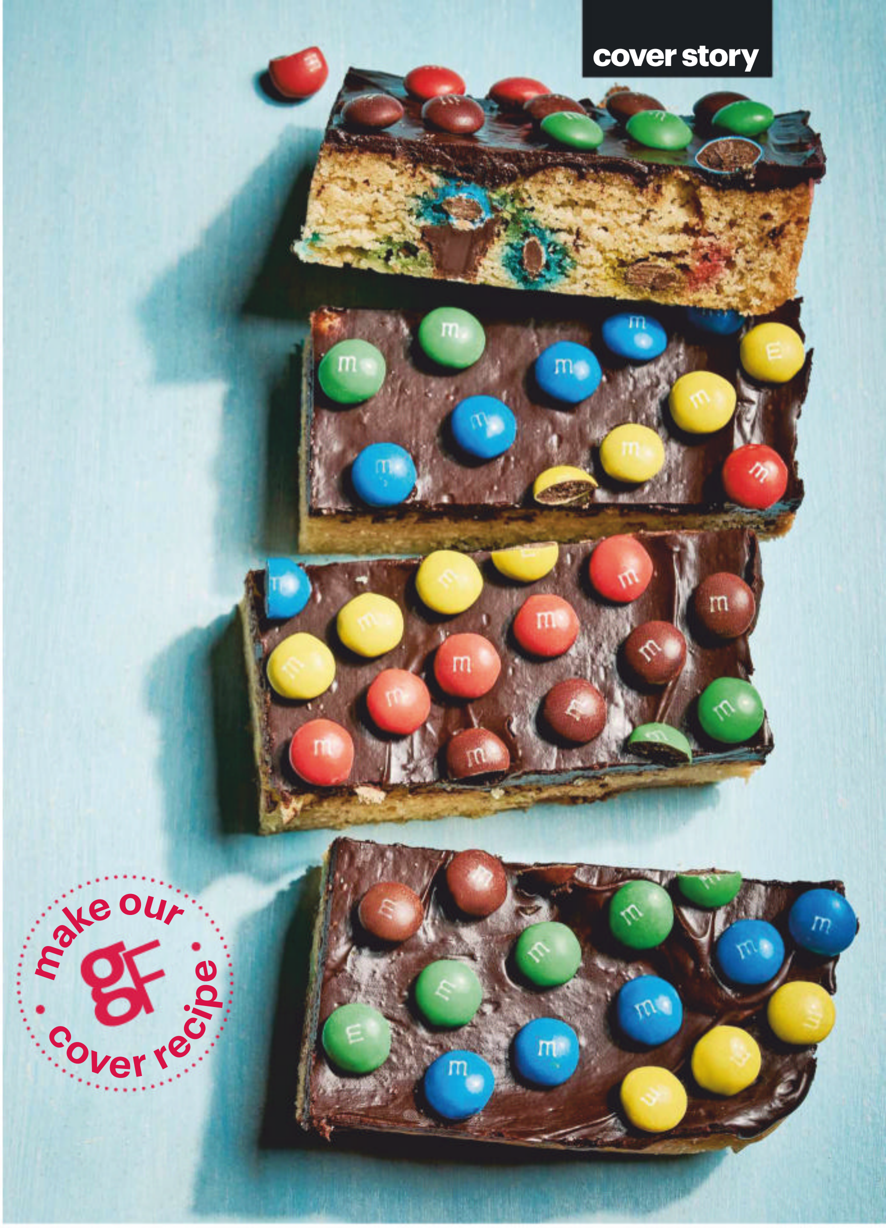
50g salted butter
50g light muscovado sugar
50g golden syrup
50g plain flour
50g dried cranberries
75g flaked almonds
50g desiccated coconut
40g M&M'S® Minis
1 orange, zested
150g dark or milk chocolate, roughly chopped

1 Heat the oven to 180C/160C/gas 4 and line two baking sheets with baking parchment. Melt the butter, sugar and golden syrup together in a small saucepan over a low heat, stirring frequently. Remove from the heat and leave to cool slightly. Whisk in the flour, then add the cranberries, flaked almonds, coconut, M&M'S® Minis and orange zest.

2 Scoop heaped teaspoons of the mixture onto the baking sheets, spacing them apart to leave room for spreading. (You will need to bake these in batches.) Bake for 8-10 mins per batch until golden. Cool for 2 mins on the sheets, then transfer to a wire rack to cool completely. Repeat with the remaining florentine mixture.

3 Melt the chocolate in a heatproof bowl over a pan of simmering water ensuring the bowl doesn't touch the water, or in the microwave in 30-second bursts. Turn the florentines over on the wire rack so the flat bases face up. Spoon the melted chocolate over the bases and gently spread to the edge. If you like, you can leave the chocolate to set for a few minutes, then draw wavy lines across the bases using a fork. Leave to set fully. *Will keep in an airtight container for up to five days.*

PER SERVING (22) 130 kcals • fat 8g • saturates 4g • carbs 13g • sugars 11g • fibre 1g • protein 2g • salt 0.08g



M&M'S® cookie bars

MAKES 18 bars **PREP** 20 mins plus cooling and setting **COOK** 20 mins
EASY **V**

125g butter, plus 25g
75g light brown soft sugar
75g golden caster sugar
1 egg
1 tsp vanilla extract
200g plain flour
½ tsp baking powder
75g M&M'S® Minis
100g dark chocolate, chopped
50ml double cream
75g Chocolate M&M'S®

1 Line a 20 x 20cm square tin with baking parchment and heat the oven to 180C/160C fan/gas 4. Melt 125g butter in a saucepan over a low heat, then leave to cool for 10 mins.

2 Stir the sugars, egg and vanilla into the melted butter. Weigh the flour and baking powder into a bowl and add ½ tsp salt. Tip into the butter mixture and stir well to make a soft dough. Stir through the M&M'S® Minis and 25g of the chopped dark chocolate.

3 Tip the dough into the tin and use a spatula to press it to the edges and into the corners. Bake for 20 mins until golden brown, then cool completely in the tin – it will sink slightly as it cools.

4 Melt the remaining 75g dark chocolate, 25g butter and the cream in a pan over a low heat, stirring regularly to prevent it from burning. Once smooth and combined, remove from the heat and cool for 5 mins. Pour the ganache over the cookie and decorate with the Chocolate M&M'S®. Leave to set, then cut into 18 bars. *Will keep in an airtight container for up to four days.*

PER SERVING (18) 232 kcals • fat 13g • saturates 8g • carbs 25g • sugars 16g • fibre 1g • protein 2g • salt 0.22g

M&M'S® chocobark

SERVES 12 **PREP** 10 mins plus chilling
COOK 3-5 mins **EASY** V

200g dark chocolate, roughly chopped
100g milk chocolate, roughly chopped
12 mini pretzels
3 M&M'S® Bunnies
30g M&M'S® Minis
10 M&M'S® Choco Eggs

1 Line a baking tray (ours was 37 x 25cm) with baking parchment – it's easier to lift the bark out if you leave some parchment overhanging the rim. Melt the dark and milk chocolates in separate heatproof bowls, either in a microwave in 20-second bursts, or over a pan of simmering water ensuring the bowls don't touch the water.

2 Pour the dark chocolate over the lined tray, and tilt the tray back and forth until the base is covered. Drizzle over the milk chocolate and, using a skewer or cocktail stick, gently swirl it into the dark chocolate to create a marbled effect. Decorate with the pretzels, M&M'S® Bunnies, M&M'S® Minis and M&M'S® Choco Eggs. Chill for 25-30 mins until set. Leave to stand at room temperature for a few minutes before you want to serve, then lift out of the tray and break into pieces.

PER SERVING (12) 220 kcals • fat 13g • saturates 8g • carbs 22g • sugars 19g • fibre 1g • protein 3g • salt 0.11g

Crispy chocolate fridge cake nests

MAKES 24 **PREP** 20 mins plus 2 hrs chilling **COOK** 5 mins **EASY** **V**

150g dark chocolate, roughly chopped
150g milk chocolate, roughly chopped
100g salted butter
125g golden syrup
2 tsp vanilla bean paste
8 shredded wheat biscuits
24 M&M'S® Choco Eggs

1 Line two 12-hole cupcake tins with paper cases (or use a silicone cupcake tray). Melt both the chocolates, the butter and golden syrup together in a saucepan over medium-low heat. Once smooth, stir in the vanilla and crumble in 7 of the shredded wheat biscuits, making sure there are both crushed pieces and large chunks.

2 Scoop heaped tablespoons of the mixture into the holes of the tin and press the middles down using the back of the tablespoon to create a nest shape. Chill for 2 hrs until set.

3 Once set, crush the remaining shredded wheat biscuit and sprinkle this over the nests. Sit two M&M'S® Choco Eggs into the middle of each nest. *Will keep in an airtight container in a cool place for up to four days.*

PER SERVING 190 kcals • fat 11g • saturates 6g • carbs 21g • sugars 15g • fibre 2g • protein 2g • salt 0.16g

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recipes for every day

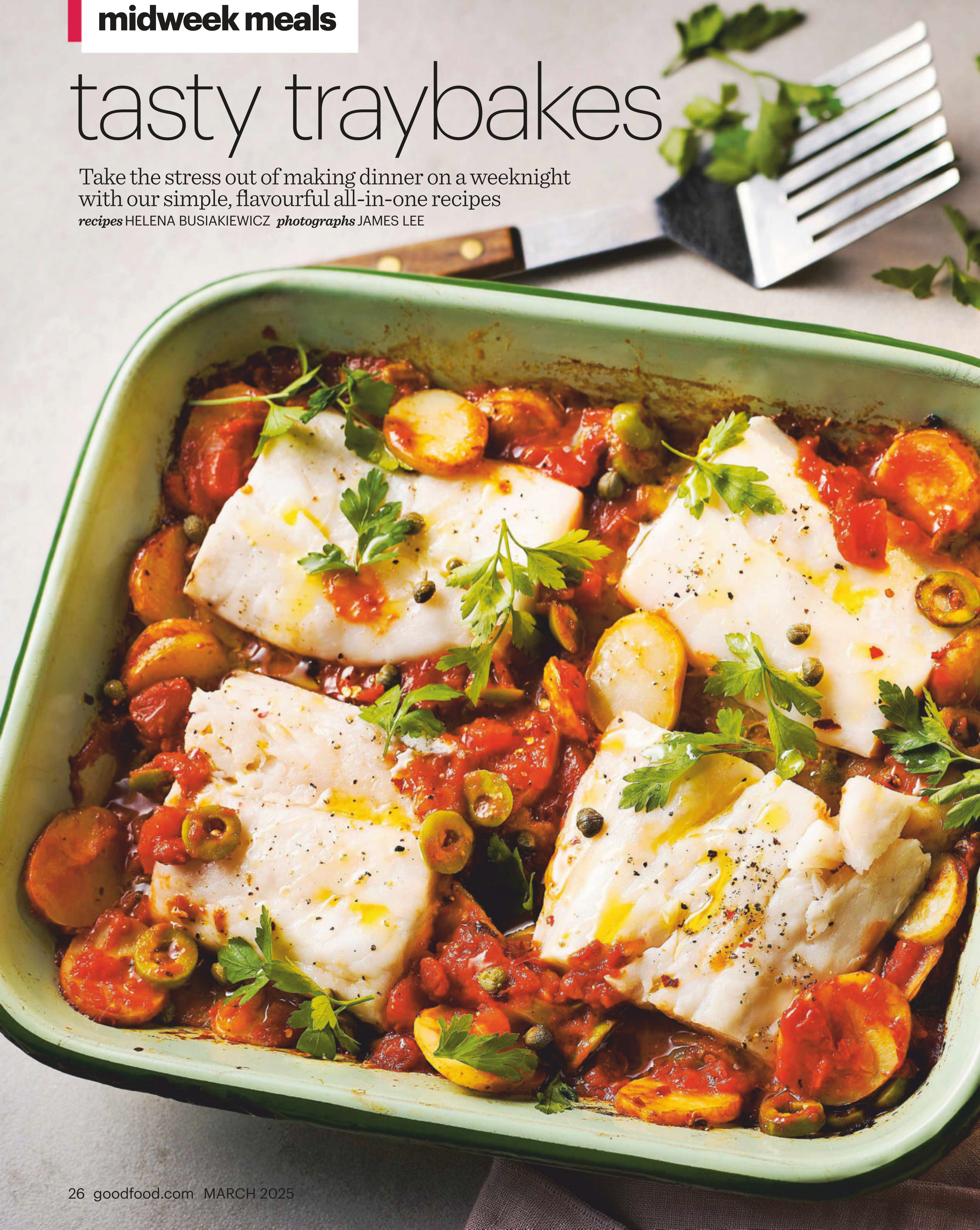
Family
Mississippi mud pie pancake cake, **p38**

midweek meals

tasty traybakes

Take the stress out of making dinner on a weeknight with our simple, flavourful all-in-one recipes

recipes HELENA BUSIAKIEWICZ ***photographs*** JAMES LEE



Puttanesca hake traybake

This recipe is inspired by Ottolenghi's puttanesca salmon, but we've gone for sustainable hake and added some potatoes to make it a more complete meal.

SERVES 4 **PREP** 10 mins
COOK 45 mins **EASY**

£1.51 per serving

- 1 onion, sliced
- 500g baby potatoes, sliced into chunky coins
- 2 tbsp olive oil
- 3 garlic cloves, lightly bashed but still in their skins
- 400g can chopped tomatoes
- 60g pitted olives, we used nocellara, sliced
- 1 tsp chilli flakes
- 2 tbsp capers, drained and roughly chopped
- 3 anchovy fillets, finely chopped
- 4 hake fillets, roughly 100g each
- 10g parsley, roughly chopped

1 Heat the oven to 220C/190C fan/gas 6. Put the onion and potatoes in a roasting dish, drizzle with oil and top with the garlic. Season well with salt and pepper. Roast for 25-30 mins, turning halfway, until golden and cooked through. Remove the garlic from their skins and squeeze over the potatoes.

2 When the potatoes are cooked, mix the chopped canned tomatoes with a good pinch of salt and pepper. Scatter the olives, chilli flakes, capers and anchovies over the potatoes and mix well. Pour over the seasoned canned tomatoes. Nestle in the hake fillets on top.

3 Cover with foil, then return to the oven for 10-15 mins, until the fish is cooked. It should be opaque and flake easily when lightly pushed with a fork.

4 Scatter with the parsley and serve straight from the tray.

GOOD TO KNOW low cal • vit c • 1 of 5-a-day • gluten free

PER SERVING 296 kcals • fat 10g • saturates 2g • carbs 26g • sugars 7g • fibre 5g • protein 23g • salt 1.36g

plan your week

We know life is busy, so to make things easier we're sharing this handy cut-out list with everything you need for our midweek meals.

SHOPPING LIST

FRESH PRODUCE

onions
garlic
baby potatoes
carrots
cauliflower
spring onions
purple sprouting broccoli
cherry tomatoes
parsley
basil
coriander
lemongrass stalk
limes
fresh ginger
stir-fry vegetables

MEAT AND FISH

4 hake fillets (roughly 100g each)
chorizo
chicken mince

DAIRY AND CHILLED

mascarpone
parmesan (optional)

STORECUPBOARD

400g can chopped tomatoes
400ml can coconut milk
2 x 250g pouches microwave rice
olive oil
vegetable oil
gochujang
soy sauce
maple syrup or honey
nocellara olives
chilli flakes
capers
anchovies in oil
fish sauce
low-sodium vegetable stock
pesto
red Thai curry paste
gnocchi
black sesame seeds (optional)

FREEZER

frozen peas

Per person costings do not include salt, pepper or oil

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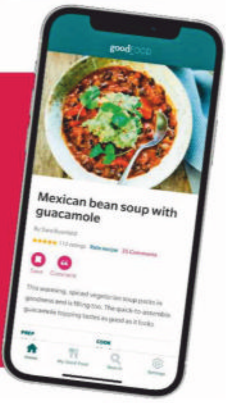

Chorizo & purple sprouting broccoli gnocchi traybake

This is the perfect meal for when you've got next to no energy to cook. If you buy pre-chopped chorizo and garlic, you don't have to chop a single thing.

SERVES 2-4 **PREP** 5 mins
COOK 35 mins **EASY**

£2.25 per serving

- 200g chorizo, chopped into chunky coins
- 200g purple sprouting broccoli, woody stems snapped off
- 200g cherry tomatoes
- 1 tbsp olive oil
- 2 garlic cloves, grated
- 500g gnocchi
- 125g mascarpone
- 15g basil, finely chopped
- grated parmesan, to serve (optional)

1 Heat the oven to 220C/190C fan/gas 6. Put the chorizo, purple sprouting broccoli and cherry tomatoes in a high-sided tray, ours was roughly 30cm by 25cm. Drizzle over the olive oil and sprinkle with salt and pepper. Roast for 20-25 mins, shaking halfway, until the chorizo has released its oils and becomes crisp.

2 Squish the tomatoes slightly to help release their juices, then grate over the garlic and stir in 2 tbsp water. Scatter in the gnocchi, stirring well to coat. Season, then return the tray to the oven for 10-12 mins.

3 Spoon in the mascarpone and scatter over the basil. Mix well until the tomatoes and mascarpone have combined to make a creamy sauce. Scatter any remaining basil on top and serve with grated parmesan, if you like.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day

PER SERVING (4) 562 kcals • fat 35g • saturates 16g • carbs 37g • sugars 9g • fibre 7g • protein 22g • salt 2.94g

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STELLAR

£1.14 per serving

Korean-style cauliflower & carrot baked rice

This makes the most of handy microwave rice pouches to save some time. Be warned - it's quite spicy!

SERVES 4 **PREP** 10 mins
COOK 1 hr **EASY** **V**

- 1 small cauliflower, chopped into florets
- 2 carrots, sliced into half moons
- 100g bunch of spring onions, whites cut into thirds, greens finely sliced
- 2 tbsp vegetable oil
- 2 tbsp gochujang
- 2 garlic cloves, grated
- 10g fresh ginger, grated
- 2 tbsp soy sauce
- 1 tsp maple syrup or honey
- 2 x 250g pouches cooked microwave rice

To serve

- 5g coriander leaves
- 1 tsp black sesame seeds (optional)

1 Heat the oven to 220C/200C fan/gas 7. Put the cauliflower, carrots and whites of the spring onions in a large, high-sided baking dish. Pour over 1 tbsp vegetable oil, season with salt and pepper, and mix to coat. Roast for 30 mins, shaking halfway.

2 Meanwhile, whisk the remaining vegetable oil, gochujang, garlic, ginger, soy sauce and maple syrup in a large bowl. Season with a little black pepper. With the rice still in the pack, break it up using your hands, then open the bag and pour into the gochujang mix. Mix until all the rice is completely coated.

3 Pour the gochujang rice into the tray with the veggies and mix well. Return to the oven for another 30-35 mins until the veggies are soft, slightly charred and the rice is crispy around the edges. Sprinkle with the greens of the spring onions, coriander leaves and black sesame seeds, if you like, then serve straight from the tray.

GOOD TO KNOW vegan • low fat • low cal • vit c • 2 of 5-a-day

PER SERVING 342 kcals • fat 7g • saturates 1g • carbs 60g • sugars 9g • fibre 5g • protein 7g • salt 1.42g

Red Thai chicken meatball traybake

This is a great midweek meal as you save the faff of browning meatballs by chucking everything in the oven to cook together.

SERVES 4 **PREP** 15 mins
COOK 40 mins **EASY**

500g chicken mince
2 tbsp red Thai curry paste
10g coriander, roughly chopped
2 garlic cloves, grated
1 lemongrass stalk, finely chopped
1 lime, zested and juiced
1 tsp vegetable oil
300g stir-fry veg (ours was a mixture of baby corn, broccoli, mangetout and pak choi)
400ml can coconut milk
100ml low-sodium vegetable stock
1 tbsp fish sauce
cooked brown rice, to serve

1 Put the chicken mince, 1 tbsp of the red curry paste, half of the coriander, garlic, lemongrass and lime zest in a large bowl. Season lightly with salt and pepper. Use your hands to bring the mix together, being careful not to overwork the mixture. Once combined, split into 16 equal balls. Keep the bowl for later.
2 Heat the oven to 220C/190C fan/gas 5. Put the meatballs in a deep, high-sided tin and drizzle over the vegetable oil. Roast for 20 mins. After 10 mins, scatter in the veg.
3 Meanwhile, pour the remaining curry paste, coconut milk, veg stock, fish sauce and lime juice into the bowl you made the meatballs. Whisk together until combined, seasoning with a little salt and pepper.
4 Pour the curry coconut mixture over the meatballs, then bake for 20-23 mins until bubbling and the meatballs are golden. Scatter with the remaining coriander and serve with brown rice.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 385 kcals • fat 26g • saturates 16g • carbs 10g • sugars 6g • fibre 2g • protein 27g • salt 1.58g

£2.06 per serving

Spring greens filo traybake pie

This is a super simple 'pie'. If you have a deep-sided tray that is safe to use on the hob, use that. If not, a casserole dish works well, too.

SERVES 4 **PREP** 10 mins
COOK 35 mins **EASY** **V**

- 2 tbsp, plus 1 tsp olive oil
- 1 onion, finely chopped
- 3 garlic cloves, grated
- ½ tsp chilli flakes
- 200g spring greens, finely chopped
- 200g frozen peas
- 2 tbsp pesto
- 200g mascarpone
- 250ml low-sodium vegetable stock
- 4 sheets of filo pastry

1 Heat the oven to 200C/180C fan/gas 6. Put a medium ovenproof casserole dish on low heat, pour in 2 tbsp olive oil, then scatter in the onion and garlic. Season with salt and pepper and cook for 10-15 mins, or until the onion is starting to turn golden at the edges.

2 Turn the heat up to medium, then scatter in the chilli flakes, spring greens and peas. Cook for 5 mins, until the greens are wilted, then stir in the pesto and mascarpone. Once melted, gradually pour in the vegetable stock, then season to taste.

3 Scrunch up the sheets of filo on top of the pie, brushing with 1 tsp of olive oil. Put in the oven to bake for 15-18 mins, until the pastry is golden and the filling below is bubbling.

4 Leave to cool for 5 mins before serving straight from the dish.

GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day
PER SERVING 451 kcals • fat 34g • saturates 16g • carbs 24g • sugars 9g • fibre 7g • protein 9g • salt 0.52g

£1.27 per serving

Shoot director LAURIE NEWMAN | Food stylist JACK SARGESON | Stylist LUIS PERAL

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BONUS
RECIPE

Spiced onion toad in the hole

We've given this family favourite a bit of a makeover by taking inspiration from onion bhajis to spice up the yorkshire pudding batter. We've kept the sausages traditional, but you can easily make this with veggie sausages or remove them entirely for an easy vegetarian dinner. **Barney Desmazery**

SERVES 3 **PREP** 10 mins plus 1 hr resting **COOK** 30 mins **EASY**

- 1 large onion, finely sliced
- 1 tsp turmeric
- ½ tsp cumin seeds
- ¼ tsp chilli powder
- small handful of coriander leaves, chopped (optional)
- 1 green chilli, chopped
- 2 eggs
- 100g plain flour
- 100ml whole milk
- 3 tbsp sunflower oil
- 6 pork sausages
- Indian chutneys, to serve (optional)

1 Tip the sliced onion into a large bowl and use your hands to scrunch together with the turmeric, cumin seeds, chilli powder and a generous pinch of salt, then leave to stand for 1 hr until the onions have softened. Add the coriander (if using) and green chilli. Crack in the eggs and tip in the plain flour. Mix everything together until well combined, then gradually pour in the milk while continuing to mix the batter. Beat until smooth and no lumps remain.

2 Heat the oven to 240C/220C fan/gas 9. Heat the oil in a large ovenproof frying pan over a medium-high heat. Cook the sausages for 5 mins until browned all over. While the pan is still on the heat, pour the batter over the sausages, then put in the oven and bake for 25-30 mins until the batter is puffed up and golden, and the sausages are cooked. Serve with Indian chutneys, if you like.

PER SERVING 566 kcals • fat 34g • saturates 10g • carbs 41g • sugars 8g • fibre 5g • protein 22g • salt 1.5g

Recipe taken from the March 2024 subscriber edition of Good Food

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A month of celebrations

With spring comes many festive occasions – mark them with innovative recipes from top food creators

photographs CHRIS TERRY

Celebrating
Eid
30-31 March

Naan gosht (lamb curry), p36

Naan gosht (lamb curry)

Naan gosht is a popular Indian speciality dish. Traditionally, it's made for special occasions, like weddings and Eid, and served with fluffy naan to mop up the rich, spicy gravy. It's so aromatic, every mouthful is full of flavour from the caramelised onions and warm spices. It's a nostalgic dish for me, so it holds amazing memories of my childhood. ***Anisa Karolia***

SERVES 4 **PREP** 15 mins
COOK 2 hrs 45 mins
EASY ❄

5 tbsp vegetable oil
2 cinnamon sticks
2 bay leaves
4-5 black peppercorns
4-5 cardamom pods
4-5 cloves
1 tsp cumin seeds
3 onions, finely chopped
200g can chopped tomatoes
1 tbsp ginger paste
1 tbsp garlic paste
1kg diced mixed lamb (we used shoulder and leg)
1 tsp ground turmeric
1 tsp ground coriander
1 tbsp ground cumin
1 tsp mild chilli powder
2 tsp Kashmiri chilli powder
1 tsp tandoori masala
2 tomatoes, finely diced
2 tbsp tomato purée
To serve
handful of coriander, roughly chopped
2-3 finger chillies, sliced (optional)
baby potatoes (see tip, right), cooked rice or naan

1 Heat the oil in a large saucepan over a medium heat and fry the whole spices for about 20 seconds until they start to sizzle. Add the onions and a pinch of salt, and fry gently until they are meltingly soft, deeply browned and rich, about 20 mins. Do not rush this part – this step is important, as the overall colour of the curry depends on it. Meanwhile, tip the chopped tomatoes into a food processor and blitz until smooth, or use a hand blender and a jug. Set aside.
2 Add the ginger and garlic pastes to the pan and cook for 30 seconds. Add the lamb, 2 tsp black pepper and the turmeric, and stir well to coat. Cover and cook over a medium heat for 15 mins, then remove the lid and cook for a further 15 mins until the liquid from the meat has evaporated and the oil comes to the top and side of the pan.
3 Add the ground coriander and cumin, both chilli powders, the tandoori masala, diced tomatoes, blitzed tomatoes and tomato purée, and cook until the tomatoes soften and dissolve, about 4-5 mins.
4 Season with salt and add 500ml water, depending on how thick you want the curry. Simmer until thickened and the meat is tender, about 1 hr 30 mins-1 hr 45 mins. If the sauce needs to be reduced slightly, simmer, uncovered, for a further 15 mins. Garnish with the coriander, sliced chillies and potatoes (see tip, below), and serve with rice or naan.

GOOD TO KNOW fibre • iron • 2 of 5-a-day • gluten free
PER SERVING 726 kcals • fat 52g • saturates 18g • carbs 13g • sugars 10g • fibre 6g • protein 48g • salt 0.8g

tip

Peel and halve 5-6 baby potatoes, deep-fry until cooked through and golden, and pop them into the curry just before serving. See our tips for deep-frying at *goodfood.com*.

Hara bhara kabab

These vegan patties are a popular snack in North India, with a green tint from the spinach. You can serve them with your favourite chutney – we went for mango. ***Chetna Makan***

MAKES 12 **PREP** 30 mins
COOK 35 mins **EASY** **V** ❄

500g Maris Piper potatoes, cut into quarters
130ml sunflower oil
2 garlic cloves, finely chopped
50g kale, finely chopped
50g spinach, finely chopped
50g frozen peas
½ tsp chilli powder
1 tsp ground cumin
1 tsp amchur (mango powder)
3 tbsp cornflour
chutney, to serve

1 Tip the potatoes into a pan of cold water. Salt well and bring to the boil, then simmer for 12-15 mins until tender. Drain well and set aside to cool.
2 Heat 2 tbsp of the oil in a pan over a medium heat and add the garlic cloves. After a few seconds, add the kale, cover and reduce the heat to low for 5 mins. Add the spinach and peas, cover and cook over a low heat for a further 5 mins. Remove from the heat and tip into a food processor. Blitz to a coarse paste.
3 Tip the paste into a bowl with the boiled potatoes, spices, cornflour and 1/2 tsp salt. Mash well and divide into 12 slightly flattened balls.
4 Heat the remaining oil in a deep frying pan and cook the kebabs for 1-2 mins on each side until golden. Serve with a chutney of your choice.

GOOD TO KNOW vegan • gluten free
PER SERVING 94 kcals • fat 5g • saturates 0.4g • carbs 10g • sugars 1g • fibre 1g • protein 1g • salt 0.3g

easy

Celebrating
Holi
14 March

Celebrating Shrove Tuesday 4 March

Mississippi mud pie pancake cake

Turn traditional Pancake Day crêpes into a showstopper cake by layering them with chocolate custard, then topping with whipped cream and a double serving of sauces for the ultimate indulgence. Prep this the night before, then serve on the day as an after-dinner treat. ***Esther Clark***

SERVES 10 **PREP** 1 hr plus resting and at least 2 hrs 30 mins chilling
COOK 30 mins **EASY** **V**

3 tbsp cocoa powder
3 eggs
450ml milk
1 tbsp vegetable oil, plus extra for frying
150g plain flour
1½ tbsp sugar

For the chocolate custard filling

500g fresh vanilla custard
150g dark chocolate (at least 75% cocoa solids), chopped
1 tbsp cornflour
180ml double cream

For the chocolate sauce (optional; or use shop-bought)

100g dark chocolate (at least 75% cocoa solids)
120ml double cream
1 tbsp golden syrup

For the topping

300ml double cream
1 tsp vanilla bean paste
3 tbsp caster sugar
6 tbsp salted caramel sauce
40g toasted blanched hazelnuts, roughly chopped
3-4 crème-filled (such as Oreo) or bourbon biscuits, broken into small pieces

1 Mix the cocoa powder with 1 tbsp boiling water to make a paste – this will help bring out the chocolatey flavour. Put the eggs, milk and oil in a large jug or bowl with a pinch of salt, and whisk until smooth. Tip the flour and sugar into a separate bowl and whisk in half the wet ingredients until smooth, then add the other half and mix. Whisk in the bloomed cocoa mixture – it should be a similar consistency to single cream. Set aside for 30 mins.

2 Brush a 25cm crêpe or non-stick frying pan with a little oil. Pour in around half a ladle of batter, then swirl around the pan to make a thin crêpe. After a minute, flip over and cook on the other side. Set aside on a plate. Repeat with the remaining batter until you have a stack of crêpes. Leave to cool.

3 To make the custard filling, warm the custard in a saucepan over a low heat, then stir through the chopped chocolate. In a small jug, mix the cornflour with a 2-3 tbsp of the custard mix, then whisk this back into the pan and bring to a simmer, whisking continuously. Pour into a bowl, cover and chill for 1 hr 30 mins. Mix the custard with a spoon to loosen, then lightly whip the cream and fold into the custard.

4 Layer the crêpes on a plate or cake stand using a thin, even layer of custard between each until you've used up the crêpes. Chill for at least 1 hr. *Will keep chilled for 24 hours.*

5 If making the sauce, coarsely grate the chocolate into a bowl. Warm the cream in a small pan over a medium heat until steaming. Remove from the heat, add the chocolate, golden syrup and a pinch of sea salt, and whisk until smooth.

6 For the topping, beat the cream, vanilla and sugar together in a large bowl or using a stand mixer until it reaches soft peaks.

7 Remove the cake from the fridge and pile the cream on top. Top with the chocolate sauce, caramel sauce, nuts and broken biscuits. *Will keep covered and chilled for three days.*

PER SERVING 780 kcals • fat 57g • saturates 31g • carbs 55g • sugars 38g • fibre 3g • protein 11g • salt 0.6g

easy

Celebrating
Nowruz
20 March

Morassa polow ba morgh (Bejewelled saffron chicken pilau), p40

Morassa polow ba morgh (Bejewelled saffron chicken pilau)

This is a hybrid of two Persian dishes traditionally served at weddings and celebrations – the classic way we prepare chicken as an accompaniment for rice, but also morassa polow which literally translates to 'bejewelled rice'. The 'jewels' are the colourful pistachios, barberries and almonds in the rice. ***Sabrina Ghayour***

SERVES 6 **PREP** 20 mins
COOK 2 hrs **EASY**

- 1g saffron
- 2 tbsp olive oil
- 3 large onions, thinly sliced
- 600g boneless, skinless chicken thighs, cut into 3-4 pieces
- 6 large garlic cloves, bashed
- 500g basmati rice
- 3-4 tbsp Greek-style yogurt
- 3 tbsp vegetable oil
- 75g butter
- 75g barberries
- 100g pistachios, roughly chopped
- 75g flaked almonds
- 3 tbsp caster sugar

1 Boil the kettle and grind the saffron to a powder using a pestle and mortar. Pour 4 tbsp boiling water over the powder, stir and leave to infuse for 5 mins.

2 Heat the oil in a large saucepan over a medium-high heat and cook the onions for 12-15 mins, until soft and lightly golden at the edges. Add the chicken and garlic, and season well. Stir, keeping an eye on the heat to make sure it doesn't brown, for about 5 mins. This is to maintain the golden yellow colour of the saffron, which is important in Persian food.

3 Pour in just over half the saffron mixture into the chicken, then top up with just enough water from the kettle to cover all the chicken pieces, about 500ml. Simmer gently, uncovered, for 35-40 mins until the chicken is tender.

4 Meanwhile, cook the rice in a large pan of boiling salted water for about 6 mins, or until the grains are elongated and white, but not fully cooked through. Immediately drain in a fine sieve and rinse well under cold running water to remove the starch, using your hands to sift through and make sure every grain is rinsed. Drain well and leave to rest for 10 mins, shaking off any excess water.

5 Remove the chicken and onions to a plate using a slotted spoon, reserving the cooking liquid. Set aside.

6 Pour enough water into a non-stick pan (with a lid) to cover the base by about $^{1}/_{2}$cm (do not use a cast-iron pan, as it will conduct too much heat and scorch the rice too quickly). Mix the yogurt with the remaining saffron, the oil and some salt, then pour this into the pan and stir into an even mixture.

7 Halve the rice mixture and scatter (but do not compress) into the pan, ensuring it goes to the edge. Carefully lay the chicken and onions into the pan, then season with a little salt. Add the remaining rice on top. Wrap a cloth around the lid, then use it to tightly cover the pan. If using a gas hob, cook over the lowest heat for about 1 hr. If using induction, cook over a medium-high heat for 45 mins.

8 Meanwhile, melt the butter in a pan, turn off the heat and fold in the barberries, pistachios, almonds and sugar, and set aside.

9 To serve, remove the lid from the pan and gently fold the nut and berry mixture into the rice. Serve most of the rice on a platter, then remove the tahdig (crispy crust), cut into triangles and put on top of the rice. Reheat the chicken broth and serve on the side, if you like.

GOOD TO KNOW fibre • 1 of 5-a-day • gluten free
PER SERVING 928 kcals • fat 45g • saturates 13g • carbs 92g • sugars 26g • fibre 7g • protein 36g • salt 0.4g

Speedy pancetta, leek & gorgonzola pasta

As a Welsh-Italian, I was brought up in the Welsh Valleys in a "little Italy" community. Italian was my first language, and my nonna and uncle lived next door to us with interconnecting doors that ran between the houses. My mum and nonna were both housewives dedicated to cooking for us. However, my mum created this pasta dish for my dad, with a little Welsh influence. It ended up being one of dad's favourites, so we named it 'pasta del papà'. It combines the salty creaminess of gorgonzola with sweet, caramelised leeks and crunchy pancetta. It's simple to make yet oozes flavour. ***Michela Chiappa***

SERVES 2 **PREP** 5 mins
COOK 10 mins **EASY**

- 200g long pasta (such as spaghetti)
- 1 tbsp olive oil
- 8 slices pancetta or smoked streaky bacon, finely chopped
- 2 leeks, thinly sliced
- 1 tbsp butter
- 1 tsp light brown soft sugar
- 100g dolce gorgonzola, crumbled

1 Cook the pasta following pack instructions and drain well, reserving a mug of the pasta cooking water. Set aside.

2 While the pasta is cooking, heat the oil in a frying pan over a medium-high heat and fry the pancetta or bacon for 3-5 mins until golden and crispy. Remove to a plate using a slotted spoon and set aside. Add the leeks to the pan, along with the butter and sugar, and fry for 5 mins until softened and slightly caramelised. Add most of the gorgonzola, and stir until slightly melted. Toss in the cooked pasta with a splash of the reserved cooking water along with most of the pancetta.

3 Season to taste and serve with the remaining gorgonzola and pancetta scattered over the top.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day
PER SERVING 786 kcals • fat 36g • saturates 17g • carbs 80g • sugars 7g • fibre 8g • protein 31g • salt 2.7g

Celebrating St David's Day 1 March

Nadiya Hussain

time to savour

Take a journey through world cuisine inspired by Nadiya's childhood memories and family recipes

recipes NADIYA HUSSAIN *photographs* CHRIS TERRY

Maas biran with baath & tomato sathni

This is the kind of thing that I make often. During Ramadhan, as I experiment with other cuisines, this fried fish is a go-to for whenever we want a little taste of home. Simply fried, the sweet onions are what make this dish! Served with rice and charred tomato chutney, it is everything and more.

SERVES 6 **PREP** 20 mins
COOK 45 mins **EASY**

For the fish
- 100ml oil
- 1 tsp ground turmeric
- 2 tsp chilli powder
- 6 large tilapia fillets

For the onion
- 100ml oil
- 4 garlic cloves, minced
- 2 tsp mustard seeds
- 4 onions, thinly sliced
- small handful of coriander, thinly sliced

For the sathni
- 6 tomatoes, pierced
- 4 garlic cloves, unpeeled
- 1 red onion, finely diced
- small handful of coriander
- ¼ lemon, juiced and rind thinly sliced

For the rice
- 600g basmati rice
- 1 black cardamom pod

1 Start by marinating the fish. Put the oil in a jug along with the turmeric, 1 tsp salt and chilli powder, and give it all a good mix. Put the fish on a tray, then pour the spiced oil all over the fish. Get your hands in and make sure it is all completely covered.

2 Take a large frying pan and fry the fish, a few fillets at a time, over a high heat. This should take about 4 mins on each side. Once you have fried them all, pop on a plate and set aside.

3 Pour the oil for the onion into the same pan. As soon as the oil is hot, add the garlic and mustard seeds, and cook until golden and the mustard seeds start popping. Now, add all the onions with 1 tsp salt and cook over a medium-high heat until the onions are caramelised. Add the fish and all the juices back in on top of the onions, and leave to warm through with the lid off.

4 For the sathni, take a kitchen blowtorch and blacken the tomatoes and garlic completely. You can also do this under a hot grill – remove as soon as they are completely black. Set aside to cool for a moment. Put the red onion in a bowl with ½ tsp salt, the coriander and lemon juice and rind. Use your hands to mix it all together. Chop the tomatoes and garlic, making sure to keep the skin. Add them in and mix together.

5 For the rice, wash the basmati until the water runs completely clear. As soon as the water is clear, put in a pan with the black cardamom pod and 900ml cold water. Bring to the boil, stirring occasionally and making sure the rice doesn't stick to the base. As soon as the rice grains are visible and the water evaporated, reduce the heat, put the lid on and leave to steam for 15 mins. As soon as the rice is ready, serve with the fish and sweet onions, with the sathni on the side.

GOOD TO KNOW vit c • 2 of 5-a-day • gluten free
PER SERVING 711 kcals • fat 28g • saturates 2g • carbs 83g • sugars 9g • fibre 5g • protein 28g • salt 0.7g

Nadiya Hussain has several cookbooks under her belt, including *Cook Once, Eat Twice*, and one for children, *Bake Me a Story*. She has presented a number of shows, including food travelogue *The Chronicles of Nadiya* on BBC One. Her latest cookbook, *Rooza*, is out now. @nadiyajhussain

easy

Vegetable peanut curry with sticky rice

Since discovering that my family ancestry links to Thailand, it is the cuisine that sits right beside my Bangladeshi cooking. I am always learning and experimenting with Thai recipes. Of all the curries, this vibrant peanut vegetable curry is one of my favourites to make and share with my family, especially during Ramadhan.

SERVES 6 **PREP** 25 mins
COOK 1 hr 30 mins **EASY**

For the sticky rice

- 600g Thai sticky rice (available in most supermarkets)

For the paste

- 1 onion, roughly chopped
- 1 lemongrass stalk, roughly chopped
- 3 Thai red chillies
- 6 garlic cloves
- 5cm piece of peeled ginger, roughly chopped
- 2 tbsp fish sauce
- 1 lime, juiced
- 2 tbsp chilli powder
- 1 tsp palm or brown sugar
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tsp shrimp paste

For the vegetables

- oil, for frying
- 2 tbsp smooth peanut butter
- 1 whole squash, peeled and chopped into chunks (700g)
- 4 medium potatoes, peeled and chopped into chunks
- 2 red peppers, chopped into chunks
- 2 x 400ml cans coconut milk
- 100g spinach, roughly chopped

To serve

- 200ml oil
- 150g peanuts
- handful of coriander, finely chopped

1 For the sticky rice, you need to make sure you wash the rice well until the water runs clear. Drain the rice in a colander that has very small holes so the rice grains don't escape, then put a pan on the hob big enough to suspend the colander at its rim. Pour some hot water into the base, bring the water to the boil and leave to simmer.

2 Put the colander in the pan, making sure the water doesn't touch the rice grains. Pop on a lid that fits the top of the colander and leave the whole thing to steam for 1 hr 30 mins. Occasionally check that there is still hot water simmering in the base. If it is lacking, just top it up with water from the kettle.

3 Make the paste by putting the onion, lemongrass, red chillies, garlic, ginger, fish sauce, lime juice, chilli powder, palm or brown sugar, ground cumin, coriander and shrimp paste in a food processor. Blend until you have a smooth, even mixture. If you find it isn't shifting at all, add a small splash of water. Set it aside.

4 For the vegetables, pour some oil into a frying pan and get it hot. Add the paste into the pan and cook for 5 mins until it looks dry and is much darker in colour. Now, add the smooth peanut butter and mix through. Lower the heat, get the squash, potatoes and red peppers in, and give everything a good mix. Pour in the coconut milk and 400ml cold water and bring to the boil, then leave to simmer over a medium heat with the lid off for 30 mins. As soon as the potatoes are tender, add the spinach in and mix through so it can wilt, about 5 mins.

5 For the peanuts, pour the oil into a pan and get the oil hot. Add the peanuts and fry until golden brown. Drain on a plate lined with kitchen paper and sprinkle over some salt. (Be sure to use your leftover homemade peanut oil for other recipes when it has cooled down.) Take your sticky rice and serve some curry alongside, sprinkling over the salted fried peanuts and chopped coriander.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 1072 kcals • fat 48g • saturates 23g • carbs 132g • sugars 15g • fibre 9g • protein 24g • salt 1.8g

easy

Samsas

Samsa is a traditional dish often made during Ramadhan. They are not like the samosas you frequently find filled with spiced savoury meat. These are stuffed with a mixture of ground down nuts, sweet potato, orange and cinnamon. Doused in sweet syrup, they are then coated again with nuts. I like to serve mine with a simple strawberry coulis.

MAKES 7 **PREP** 45 mins
COOK 30 mins **MORE EFFORT** **V**

For the filling
- 2 medium sweet potatoes
- 1 tsp ground cinnamon
- 1 orange, zested (reserve the juice for the syrup, below)
- 100g walnuts, finely chopped

For the pastry
- 150g butter
- 270g pack of ready-rolled filo pastry (7 sheets)
- 100g pistachios, finely chopped

For the syrup
- 1 orange, juiced (use the zested orange from the filling, above)
- 150g caster sugar

For the strawberry coulis
- 227g strawberries
- 100g icing sugar
- squeeze of lemon juice

1 Pierce the sweet potatoes all over with a fork, put directly on a microwave plate and cook for 10 mins until very soft. You can also do this in the oven.

2 Remove and leave to cool enough so they can be handled, then scoop out all the flesh and pop into a bowl. Mash to a smooth paste with the cinnamon, orange zest and chopped walnuts. Set aside.

3 For the pastry, pop the butter into a pan and melt until brown. As soon as it starts to bubble and brown flecks appear, you have browned the butter. Take off the heat.

4 Heat the oven to 190C/170C fan/gas 5 and have a baking tray at the ready. Cut the filo sheets down the length and create 14 strips, leaving the sheets you're not working with under a damp tea towel. Butter two sheets together. Take a dollop of the filling and put at the bottom of the end of the strip. Fold a corner over to create a visible triangle, encasing the filling. Now, take the filled triangle and fold over again and keep going until you have a fully encased triangle. Make the other six and butter them all over with any leftover butter. Pop onto the tray and bake for 20 mins.

5 Make the syrup by pouring the orange juice into a pan with 100ml water and the caster sugar. Bring to the boil and leave to simmer until the syrup is thick and golden.

6 Take the triangles out of the oven and dip straight into the syrup until completely coated, then coat with pistachios and set aside.

7 For the strawberry coulis, put the strawberries, icing sugar and lemon juice in a food processor and blend. Serve alongside the samsas as a dip or drizzle.

GOOD TO KNOW vit c • fibre
PER SERVING 647 kcals • fat 35g • saturates 13g • carbs 69g • sugars 42g • fibre 7g • protein 9g • salt 0.8g

Rooza
Nadiya Hussain

Recipes are from *Rooza* by Nadiya Hussain (Penguin Michael Joseph, £25) and not retested by us.

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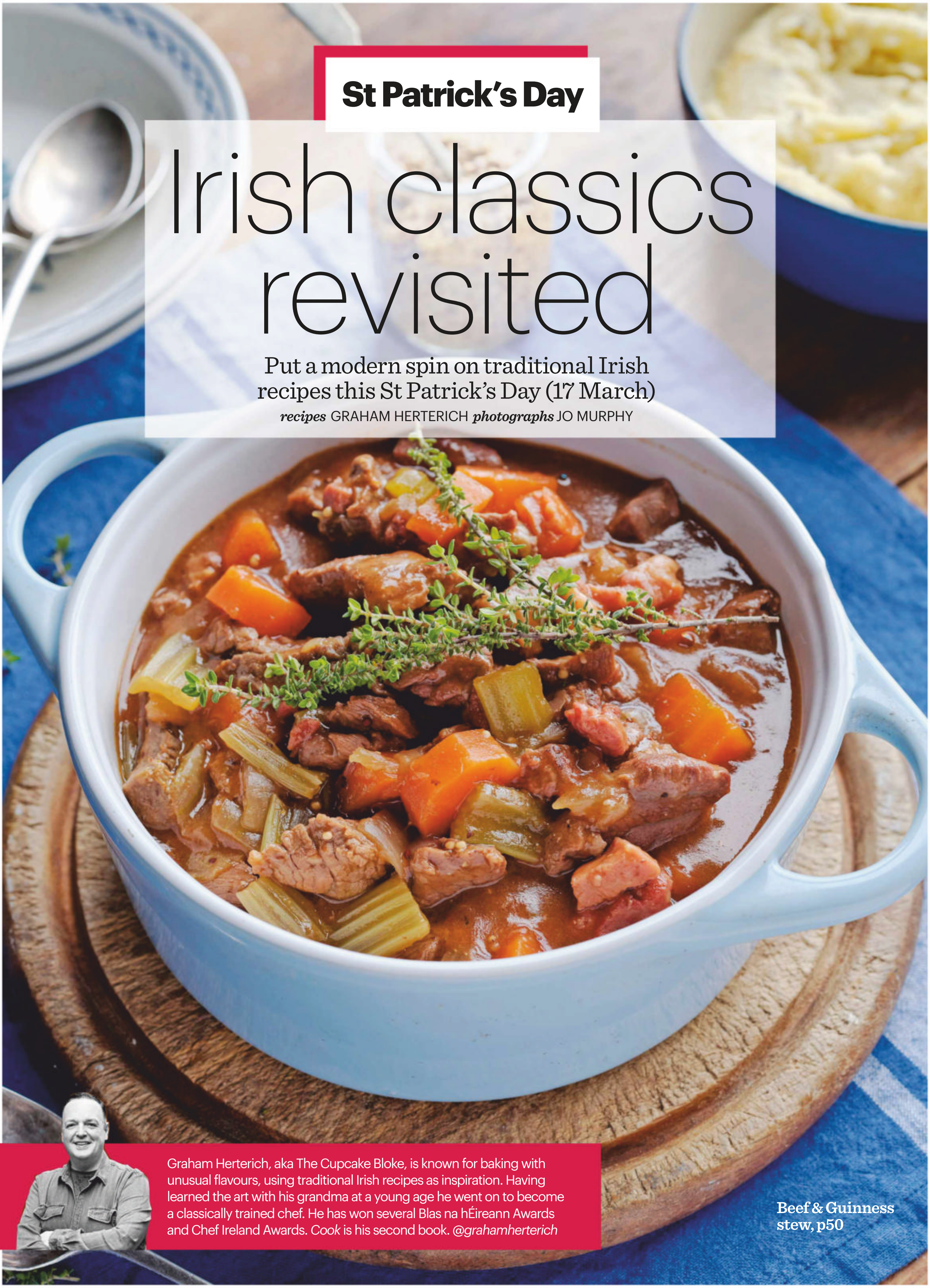
St Patrick's Day

Irish classics revisited

Put a modern spin on traditional Irish recipes this St Patrick's Day (17 March)

recipes GRAHAM HERTERICH ***photographs*** JO MURPHY



Beef & Guinness stew, p50

Graham Herterich, aka The Cupcake Bloke, is known for baking with unusual flavours, using traditional Irish recipes as inspiration. Having learned the art with his grandma at a young age he went on to become a classically trained chef. He has won several Blas na hÉireann Awards and Chef Ireland Awards. *Cook* is his second book. @grahamherterich

Bacon & cabbage filo pie, p50

Beef & Guinness stew

In much the same way that many traditional Irish desserts are served with a dollop of softly whipped cream (something you'll never hear me complain about!), many traditional Irish savoury dishes seem to be served with a big scoop of mash (again, something you will never hear me complain about!). If you want to take this classic to another level, serve it with Guinness mustard mash, made using your own homemade Guinness mustard. The Guinness in this beef stew not only adds a rich flavour but gives it a deep colour, too. The smoked bacon intensifies that flavour further.

SERVES 4-6 **PREP** 25 mins
COOK 2 hrs 30 mins – 3 hrs 30 mins
EASY

3 tbsp vegetable oil
1kg stewing beef, diced
125g smoked bacon lardons
1 onion, roughly chopped
3 carrots, cut into chunks
3 celery sticks, cut into chunks
2 garlic cloves, finely chopped
2 tbsp plain flour
2 tbsp tomato purée
500ml Guinness
100ml beef stock
1 tbsp wholegrain mustard, plus extra for the mash
3 bay leaves
1 sprig of fresh thyme, plus a few leaves to serve
mashed potatoes, to serve

1 Heat the oven to 160C/140C fan/gas 3. Heat 1½ tbsp oil in a large heavy-based casserole over a medium-high heat. Working in batches, add the meat and brown it all over. Transfer to a plate with a slotted spoon and set aside.
2 Add the remaining oil, then add the bacon lardons and fry until golden. Add the onion, carrots and celery and cook for about 5 mins. Add the flour and tomato purée and cook for 1 min more. Add the beef back in, including any juices from the plate, along with the Guinness, stock and mustard and give everything a good mix. Using a spoon, push the bay leaves and thyme into the stew.
3 Cover the casserole with a lid and cook for 2-3 hrs, until the meat is very tender. Serve in warm shallow bowls with a side of mashed potatoes flavoured with some mustard and garnish with a few thyme leaves.

GOOD TO KNOW 1 of 5-a-day
PER SERVING (6) 423 kcals • fat 22g • saturates 6g • carbs 14g • sugars 8g • fibre 4g • protein 35g • salt 1.29g

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Bacon & cabbage filo pie

This is one of those recipes that's great for emptying the fridge and using up cooked vegetables and meats like chicken, ham or bacon. It's easy to make but looks impressive with its crisp filo pastry topping. It works great with chicken and mushroom and a little tarragon or, in this case, leftover bacon and cabbage with parsley sauce. If you want to make the dish vegetarian, just replace the meat with even more cooked vegetables and use vegetable stock. Filo is available in most supermarkets as well as Middle Eastern shops. The sheets of Middle Eastern filo are usually larger than standard supermarket varieties and have an amazing flavour.

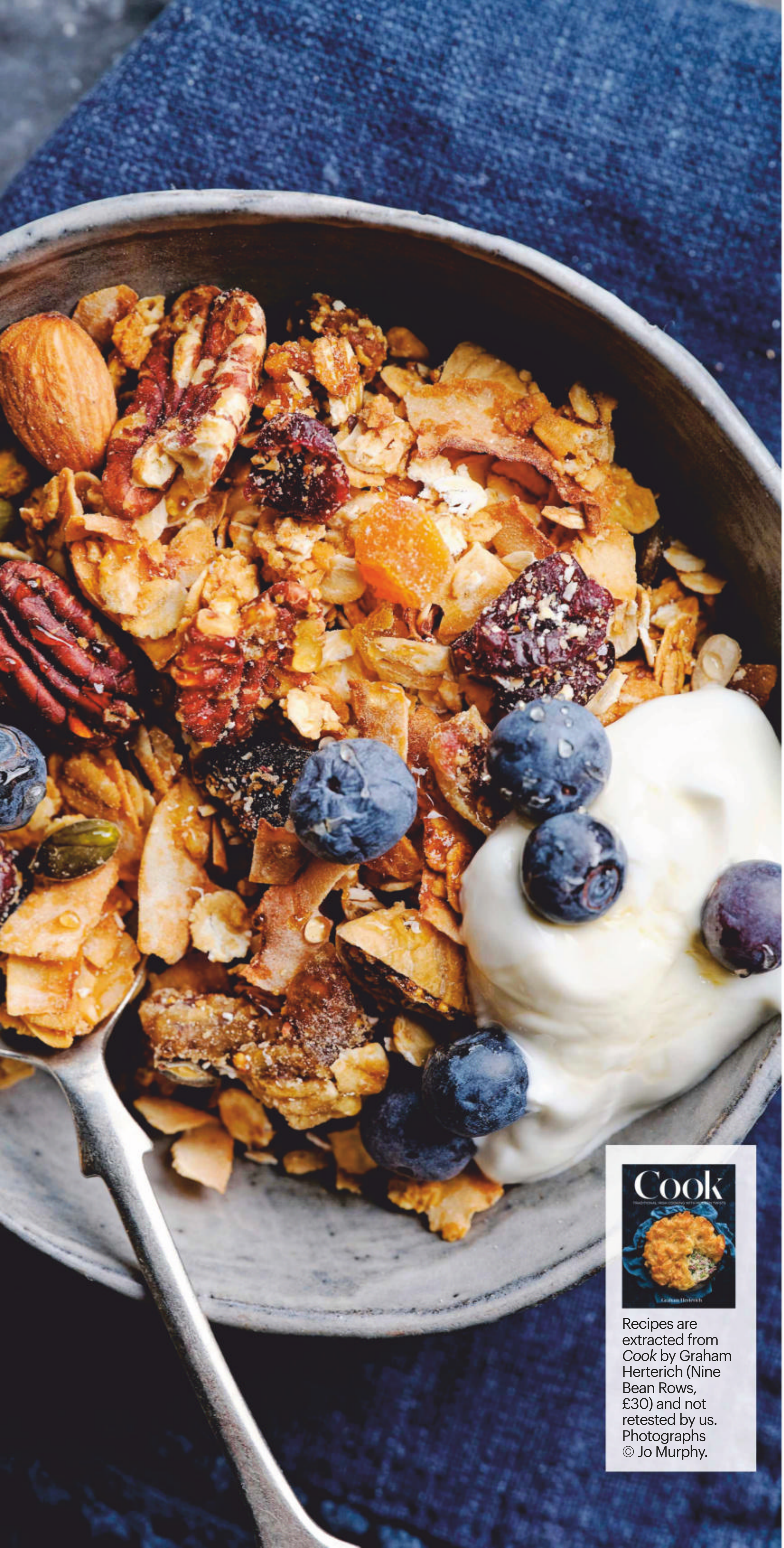
SERVES 4-6 **PREP** 30 mins
COOK 1 hr **EASY**

600g cabbage – either leftover cooked cabbage or raw
90g butter
1 medium onion, thinly sliced
2 garlic cloves, finely chopped
60g plain flour
500ml chicken or vegetable stock
600g cooked bacon or ham, torn into pieces
100ml cream
handful of fresh parsley, finely chopped
steamed baby potatoes, to serve

For the topping
1 pack of filo pastry, thawed
100g butter, melted

1 If you're using raw cabbage, shred it and set aside.
2 Melt 30g of the butter in a large pan over a medium heat. When the butter starts to foam, add the onion and cook for about 5 mins, until it's starting to soften. Add the garlic and cook for a further 3 mins. Using a slotted spoon, transfer the onion and garlic to a plate and set aside.
3 With the pan still on a medium heat, add the remaining 60g butter and allow it to melt. When it starts to foam, add the flour and cook for 1 min. Stir in the stock a little at a time and reduce the heat.
4 If you're using the raw shredded cabbage, add it now. Regardless of whether or not you add the raw cabbage at this stage, simmer the sauce for 5 mins, stirring several times to stop it from sticking to the bottom of the pan.
5 Add the cooked onion and garlic to the sauce along with the cooked bacon or ham, cream and parsley. If you're using leftover cooked cabbage, add that now. Mix well and season with salt and pepper. Pour the mixture into a 25cm pie dish and allow to cool completely.
6 Heat the oven to 200C/180C fan/gas 6. Put a sheet of filo pastry on a clean chopping board and brush with some of the melted butter. Gently scrunch up the pastry, then put it on top of the filling. Repeat with the remaining sheets of filo, making sure the filling is completely covered. Bake for 40 mins, until the pastry is golden brown and the filling is bubbling. To serve, simply spoon into warmed bowls with steamed baby potatoes on the side.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day
PER SERVING (6) 673 kcals • fat 42g • saturates 24g • carbs 40g • sugars 7g • fibre 7g • protein 31g • salt 4.1g



Recipes are extracted from *Cook* by Graham Herterich (Nine Bean Rows, £30) and not retested by us. Photographs © Jo Murphy.

Homemade granola

Granola is one of those great recipes that allows you to make it personal. This is my version and is filled with all the things I love in a breakfast cereal, leaving out all the nasties. Don't get me wrong, I love sultanas, walnuts and desiccated coconut – just not in my granola. But if you want them, add them! To make this vegan, just replace the honey with something like agave syrup and the dried figs with other dried fruits. I like to eat granola with Greek yogurt and fresh blueberries, but again, make it personal with plant-based milks, other yogurt and different fresh fruit. Try sprinkling a little granola on top of a warm bowl of porridge to add a little crunch.

MAKES 750g **PREP** 10 mins
COOK 35-40 mins **EASY** **V**

120ml honey
40g coconut oil
340g jumbo oats
150g nuts (I like pistachios, pecans and almonds)
100g mixed seeds (pumpkin and sunflower)
50g coconut flakes
100g finely chopped dried fruit (apricots, figs and cranberries)

1 Heat the oven to 170C/150C fan/gas 3. Line a baking tray with baking parchment. Gently heat the honey, oil and 1/2 tsp salt together in a small pan over a low heat until the oil has melted. Allow to cool slightly.

2 Mix the oats, nuts, seeds and coconut flakes in a large bowl. Stir the honey and oil into the dry mix and combine well. I like to use my hands at this stage to make sure everything is really well coated.

3 Spread out on the baking tray and bake for 30-35 mins until golden, stirring every 10 mins to make sure the granola toasts and colours evenly.

4 Remove from the oven and let the granola cool and crisp up on the tray, then stir in the dried fruit. *Will keep in an airtight container for up to six weeks.*

PER SERVING (45g) 208 kcals • fat 11g • saturates 4g • carbs 21g • sugars 9g • fibre 3g • protein 5g • salt 0.13g

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And when it comes to drinks pairings, look out for the PDO label on some of the Continent's finest wines. There's the spicy berry sweetness of Spain's Garnacha PDO wines, earthy Abruzzo PDO from Italy and deep, complex French Cadillac Côtes de Bordeaux PDO.

WHY IT MATTERS

The EU Fab 6 – Savour the PDO and PGI Wines and Deli Meats from Europe campaign unites six Italian, French and Spanish agricultural and food boards in celebrating great products, including PDO- and PGI-certified deli meats. These products must meet the strictest standards of authenticity and excellence, and from the sourcing of ingredients to the curing process, tradition is preserved at every step. When you see these badges, you're getting a superior taste while supporting sustainable practices and regional heritage.

For guidelines on healthy and balanced diets please consult the Public Health England's Healthy Eating Recommendations.

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ENJOY IT'S FROM EUROPE

Dinner today, lunch tomorrow
Traybake lamb kebab with spinach sauce **p61**

Cook smart

Spend less and make more of what you've got in the fridge and storecupboard

Yellow sticker
Crunchy broccoli & cranberry salad **p59**

Air fryer
Hot cross bun brownies **p55**

COOK SMART

Air-fried Easter

Plan ahead for Easter with novel ideas, including sweet bakes and a tender lamb centrepiece that can all be made without turning the oven on

recipes SILVANA FRANCO *photographs* HANNAH TAYLOR-EDDINGTON

Easiest air fryer Easter chocolate cookies, p57

Air fryer hot cross bun brownies

Give brownies an Easter twist with pieces of hot cross bun dotted throughout. Feel free to add any mix-ins you like; marzipan works well (especially if you have some left over from a simnel cake), or experiment with chopped nuts and crystallised stem ginger.

MAKES 9-12 **PREP** 10 mins
COOK 35 mins **EASY** **V** ❄

- 125g butter, roughly chopped
- 125g dark chocolate, roughly chopped
- 1 large hot cross bun, halved through the middle
- 2 eggs
- 175g caster sugar
- 80g plain flour
- 20g cocoa powder
- 40g chocolate, any type, roughly chopped
- 75g marzipan, diced (optional)

1 Melt the butter and dark chocolate together in a heatproof bowl set over a pan of simmering water, ensuring the bowl doesn't touch the water, or in the microwave in 30-second bursts until smooth. Leave to cool for a few minutes. Line a 20cm square (or other cake tin that fits in the air fryer) with baking parchment.

2 Heat the air fryer to 180C. Tear the hot cross bun into small chunks then tip into the air fryer basket and cook for 3-4 mins until crunchy and golden. Tip into a bowl and lower the air fryer temperature to 160C.

3 Whisk together the eggs, sugar and a pinch of salt in a large bowl using electric beaters until thick and creamy. Sift over the flour and cocoa powder, then pour in the melted chocolate mixture. Using a spatula gently fold until evenly mixed, then stir in the hot cross buns, chopped chocolate and marzipan, if using.

4 Pour into the prepared tin and air fry for 25-30 mins until set but with a gentle wobble in the centre. Leave to cool completely before cutting into 9 or 12 rectangles.

PER SERVING (12) 275 kcals • fat 15g • saturates 9g • carbs 30g • sugars 22g • fibre 2g • protein 4g • salt 0.25g

tip

For extra-fudgy brownies, leave to cool overnight in the fridge before slicing and serving.

Air fryer garlic & oregano lamb leg with crispy new potatoes

This easy air-fried lamb with parmesan-coated baby potatoes makes short work of preparing a classic Easter roast dinner.

SERVES 4-6 **PREP** 10 mins
COOK 1 hr 5 mins **EASY**

- 1-1.2kg bone-in half leg of lamb
- 2 garlic cloves, quartered lengthways
- 2 tbsp olive oil
- 1 tbsp oregano leaves, roughly chopped, plus a sprig to serve
- 1 lemon, zested and juiced, plus slices to serve
- 750g baby new potatoes
- 2 tbsp pecorino or parmesan, finely grated

1 Take the lamb out of the fridge 30 mins before cooking. Carefully using a small, sharp knife, make incisions in the flesh and slide in the garlic slivers. Drizzle a little of the oil on the lamb then season with salt and pepper, and sprinkle with the chopped oregano, rubbing in well.

2 Heat the air fryer to 200C. Put the lamb in the air fryer basket and pour over half the lemon juice. Toss the potatoes with the remaining oil and season well. Scatter the potatoes around the lamb.

3 Air fry for 15 mins then reduce the heat to 180C and cook for a further 45 mins, turning the lamb halfway through. Transfer the lamb to a large, warmed plate and pour over the remaining lemon juice. Cover with foil and leave to rest for 10 mins.

4 Meanwhile, sprinkle the cheese and lemon zest over the potatoes and toss well. Air fry for a further 5-8 mins until crisp and golden. Pour any resting or remaining juices from the air fryer basket over the lamb. Garnish with an oregano sprig and serve with sliced lemon for squeezing over.

GOOD TO KNOW gluten free
PER SERVING (6) 470 kcals • fat 24g • saturates 10g • carbs 19g • sugars 2g • fibre 3g • protein 42g • salt 0.31g

GF tip
If you prefer your lamb well done, cook for a further 15 mins at 180C.

Shoot director LAURIE NEWMAN | Food stylist ROSIE REYNOLDS | Stylist HANNAH WILKINSON

Easiest air fryer Easter chocolate cookies

Make these simple cookies using any Easter chocolate and mini eggs – just smash into small pieces or roughly chop.

MAKES 16 **PREP** 15 mins
COOK 10 mins **EASY** V
❄ raw dough only

125g unsalted butter, softened
150g light brown soft sugar
1 egg
1 tsp vanilla extract
225g plain flour
½ tsp bicarbonate of soda
150g chocolate (any type), roughly chopped

1 Beat the butter and sugar together with electric beaters until light and fluffy, around 5 mins. Whisk in the egg and vanilla extract until smooth and creamy.

2 Add the flour, bicarbonate of soda, chopped chocolate and a pinch of salt and mix with a spatula to form a stiff dough. Roll into 16 walnut-sized balls, then pat each one down to flatten slightly. *Will keep frozen for up to three months.*

3 Heat the air fryer at 160C and lay a piece of baking parchment in the basket. Air-fry the cookies, in batches, for 9-15 mins, until golden brown. Or air-fry from frozen for 13-15 mins. Depending on your air fryer and how you like your cookie, check every 2 mins. Leave for 2 mins to firm up then transfer to a wire rack to cool completely. *Will keep in an airtight tin for up to a week.*

PER SERVING 201 kcals • fat 10g • saturates 6g • carbs 25g • sugars 14g • fibre 1g • protein 3g • salt 0.13g

tip

For a softer cookie, air-fry until set and pale golden (about 9 mins). For a crunchier result, bake for a little longer until dark golden on both sides.

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COOK SMART

The yellow sticker challenge

Veg like broccoli often ends up in the reduced section, so make the most of a bargain with these vibrant lunches

recipes AILSA BURT *photographs* LIAM DESBOIS

Crunchy broccoli & cranberry salad

The broccoli brings a satisfying crunch to this super-easy salad which works well for lunchboxes.

SERVES 4 **PREP** 15 mins
COOK 6 mins **EASY** **V**

1 head of broccoli (around 350g)
2 tbsp Dijon mustard
1 lemon, juiced
1 tbsp apple cider vinegar
1 tbsp honey
1 tsp garlic granules
60ml cold-pressed rapeseed oil or mild olive oil
150g kale
200g halloumi, cut into 1cm thick slices
50g dried cranberries
40g mixed seeds
50g roasted salted pecans, roughly chopped

1 Slice the florets off the broccoli and cut into bite-sized pieces, finely chop the stalk, then set aside. Spoon the mustard, lemon juice, vinegar, honey, garlic granules and oil into the bowl. Whisk well until emulsified, then season to taste.

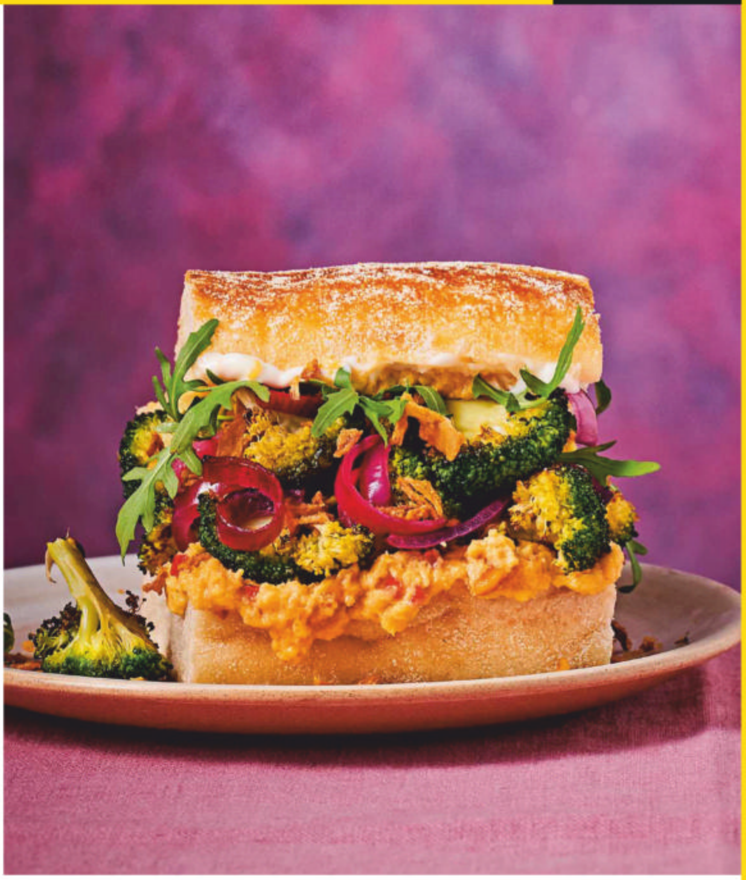
2 Strip the kale leaves from the stalks and roughly chop, then add to the bowl of dressing. Finely chop the kale stalks and add these too, then, using your hands, rub the dressing into the kale leaves for 1-2 mins until they darken and soften. Set aside.

3 Heat a non-stick pan over a medium-high heat. Add the halloumi and fry both sides for 2-3 mins until golden brown, then transfer to a chopping board and roughly chop. Mix into the kale salad along with the chopped broccoli and most of the cranberries, seeds and pecans. Toss together well, then scatter over the remaining cranberries, seeds and pecans to serve.

GOOD TO KNOW folate • fibre • calcium • vit c • 2 of 5-a-day
PER SERVING 577 kcals • fat 43g • saturates 11g • carbs 23g • sugars 17g • fibre 8g • protein 22g • salt 2.57g

tip

If you can't get pecans, any salted nut will do.



Roasted broccoli, red onion & peanut crunch sandwich

Spice up your lunchbox with this veggie sandwich packed with flavour and texture.

SERVES 2 **PREP** 20 mins
COOK 30 mins **EASY** **V**

1 head of broccoli (around 375g), florets trimmed and the stalk roughly chopped
75g roasted salted peanuts
1 garlic clove, roughly chopped
1 red chilli (deseeded if you like), finely chopped
1 lime, juiced
50ml cold-pressed rapeseed oil, plus 1 tbsp
1 red onion, thickly sliced
2 tbsp garlic mayonnaise
2 thick slabs focaccia or 2 ciabatta rolls
40g rocket or watercress
4 tbsp crispy onions

1 Tip the broccoli stalks into a saucepan, just cover with boiling water and add a generous pinch of salt. Bring to the boil and simmer for 8-10 mins until just tender. Drain, reserving the liquid, then tip into a food processor along with most of the peanuts, garlic, chilli, 1 tbsp lime juice and the 50ml rapeseed oil. Blitz until finely chopped, adding a splash of the cooking liquid if needed.

2 Add the remaining peanuts and pulse a few times until there is still texture in the sauce. Season to taste, adding more lime juice if needed. *Will keep chilled for up to four days.*

3 Heat the oven to 200C/180C fan/gas 6. Tip the broccoli florets and the red onion into the roasting tin with the remaining 1 tbsp oil. Toss together with some seasoning and roast in the oven for 25-30 mins, shuffling the contents of the pan around once or twice, until the broccoli is charred at the edges. Remove and set aside.

4 Spread the mayonnaise over the base of the focaccia or rolls. Top with the roasted broccoli and onions, spoon over some of the broccoli peanut sauce, top with a handful of rocket and sprinkle over the crispy onions. Add the top half of the bread, squish together and enjoy.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 1,063 kcals • fat 75g • saturates 10g • carbs 60g • sugars 13g • fibre 12g • protein 29g • salt 2.01g

Shoot director LAURIE NEWMAN | Food stylist ROSIE REYNOLDS | Stylist MAX ROBINSON

COOK SMART

Dinner today, lunch tomorrow

There's no faffing about with skewers for this traybake kebab and the leftovers make an ideal base for on-the-go lunches

recipes AILSA BURT ***photographs*** MAJA SMEND

Traybake lamb kebab with spinach sauce

SERVES 4 plus leftovers
PREP 25 mins plus cooling
COOK 30 mins **EASY** ❄

- 1 tbsp sunflower oil, plus extra for the tin
- 3 roasted red peppers, drained
- 1 onion, roughly chopped
- 3 garlic cloves, roughly chopped
- small handful of parsley, roughly chopped
- 2 tsp ground cumin
- 1 tbsp tomato purée
- 1 tsp pul biber (optional)
- 800g lamb mince
- flatbreads, to serve

For the yogurt sauce

- 260g spinach
- 2 small garlic cloves, crushed
- 400g Greek-style natural yogurt
- 1 tbsp tahini
- ½ tbsp lemon juice

For the salad

- 1 cucumber, deseeded and finely chopped
- 1 red onion, finely sliced
- 4 long pickled green chillies, finely sliced (optional)
- 1 lemon, juiced
- small handful of parsley, finely chopped
- 3 tbsp extra virgin olive oil

1 To make the yogurt sauce, boil a kettle full of water and tip the spinach into a colander or sieve. Pour the boiling water over the spinach and set aside to cool. Once cool enough to handle, squeeze out as much moisture as you can with your hands then roughly chop and tip into a bowl. Mix in all the other ingredients and season to taste. Set aside in the fridge until needed.

2 Heat the oven to 240C/220C fan/gas 9. Brush a 20cm square cake tin with a little oil. Tip the peppers, onion, garlic, parsley, cumin, tomato purée, pul biber, if using, and 1½ tsp salt into a food processor. Blitz until finely chopped, then add the lamb and keep blitzing until very well combined. Pat the kebab mixture into the tin. Brush over the remaining oil and roast in the oven for 15 mins until browned around the edges, or until a digital cooking thermometer reads 75C when pushed into the middle. Switch your oven to grill on high and cook for a further 5-10 mins until cooked all the way through. *Leave to cool. Will keep chilled for up to two days.*

3 Meanwhile, mix all the salad ingredients together and season to taste. Cut the kebab into slices and serve on a platter with the salad, sauce and flatbreads on the side so everyone can help themselves.

GOOD TO KNOW calcium • folate • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 641 kcals • fat 45g • saturates 19g • carbs 14g • sugars 11g • fibre 4g • protein 43g • salt 1.46g

Crispy lamb & pea tabbouleh

SERVES 2 **PREP** 10 mins
COOK 15 mins **EASY**

- 120g dried bulgur
- 4 tbsp olive oil
- 1 lemon, juiced
- small handful of parsley, roughly chopped
- small handful of mint sprigs, leaves picked and finely chopped
- 200g frozen peas
- 150g leftover traybake lamb kebab, roughly chopped (see p61)
- 4 spring onions, finely sliced
- 2 roasted red peppers, finely chopped
- 30g pomegranate seeds, to serve

1 Cook the bulgur following pack instructions then drain and rinse under cold water. Set aside to cool slightly. Mix 3 tbsp olive oil with the lemon juice and herbs in a large bowl, then stir in the bulgur and season to taste.
2 Drizzle the remaining olive oil into a frying pan and put over a medium-high heat. Mix in the frozen peas and leftover lamb and fry for 5-6 mins until crispy and the peas are popping. Stir in the spring onions and peppers and cook for just 1 min then remove from the heat. Stir into the tabbouleh and scatter over pomegranate seeds to serve.

GOOD TO KNOW folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 592 kcals • fat 33g • saturates 7g • carbs 44g • sugars 14g • fibre 16g • protein 23g • salt 1.89g

Yogurt-dressed lamb pasta salad

SERVES 2 **PREP** 15 mins
COOK 15 mins **EASY**

- 50g sundried tomatoes, roughly chopped, plus 2 tbsp of the oil
- 2 garlic cloves, crushed
- 1 tsp dried chilli flakes
- 150g leftover traybake lamb kebab, roughly chopped (see p61)
- 175g small pasta (we used trofie)
- 150g Greek-style natural yogurt or leftover yogurt sauce (see p61)
- ½ tbsp pomegranate molasses
- ½ lemon, zested
- 3 sprigs mint, leaves picked and finely chopped
- ½ tsp ground cumin
- 75g green olives, roughly chopped
- 200g leftover salad (see p61)

1 Drizzle the oil from the sundried tomatoes into a pan over a medium-low heat and stir in the garlic and chilli flakes. Cook for 1-2 mins then mix in the lamb, coating it in the oil. Fry for 4-5 mins to warm through.
2 Meanwhile, cook the pasta following pack instructions, then drain and rinse in some cold water. Set aside to cool slightly. Mix the yogurt, molasses, lemon zest, mint and cumin then season to taste. Stir in the sundried tomatoes, olives, and the leftover salad. Divide the pasta between your plates, top with the yogurt and the lamb, then drizzle over the oil from the pan to serve.

GOOD TO KNOW folate • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 856 kcals • fat 40g • saturates 12g • carbs 86g • sugars 21g • fibre 12g • protein 32g • salt 2.11g

Crispy chickpea & lamb stuffed wraps

SERVES 2 **PREP** 15 mins plus pickling
COOK 10 mins **EASY**

- 100ml apple cider vinegar
- 1 tbsp caster sugar
- 1 small red onion, finely sliced
- 400g can chickpeas, drained
- 1 tbsp sunflower oil
- 2 tbsp harissa
- 150g leftover traybake lamb kebab, roughly chopped (see p61)
- 4 tbsp hummus
- 2 large flour tortillas
- 1 pepper, finely sliced
- 40g salad leaves

1 To make quick pickled onions, tip the vinegar, sugar and 1 tsp sea salt into a saucepan, bring to a boil and leave to simmer for a few minutes until dissolved. Stir in the red onions and set aside to pickle for at least 30 mins. *Will keep chilled for up to one week.*

2 Heat the air fryer to 200C or oven to 220C/200C fan/gas 7. Stir together the chickpeas, oil, harissa and lamb until well coated then tip into the air fryer basket or onto a baking tray and cook for 10 mins.

3 Divide and spread the hummus over each tortilla and top with the pepper, salad leaves, pickled onions, chickpeas and lamb.

GOOD TO KNOW folate • fibre • vit c • iron • 3 of 5-a-day

PER SERVING 768 kcals • fat 38g • saturates 6g • carbs 68g • sugars 13g • fibre 15g • protein 31g • salt 3.01g

tip

If you have any leftover salad or yogurt from the base recipe, add the yogurt to the hummus and swap the pepper and leaves for the leftover salad.

Shoot director JORDAN EDMONDS MOORE | Food stylist JACK SARGESON | Stylist WEI TANG

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eat well for...

immunity

Dr Chintal Patel explains how choosing foods for their beneficial effect on your digestion can support your immune system

Chintal is a long-serving GP for the NHS as well as a food content creator, cookbook author and our regular contributor. She has a passion for nutrition and lifestyle medicine, and aims to help people approach cooking and eating in a way that supports overall well-being. *@drchintalskitchen*

The immune system is a complex network throughout your body that not only defends against infections like bacteria and viruses but also regulates inflammation, repairs cells and performs many other essential functions. Although no single food or diet can 'boost' immunity on its own, what you put on your plate can significantly impact your immune health. The body requires a range of nutrients to keep the immune system functioning optimally. Fortunately, a balanced, varied diet, as outlined below, provides most of these nutrients.

One key exception is vitamin D, actually a hormone that our bodies produce through sunlight exposure, which plays an important role in immune function. In the UK, from October to March, sunlight levels aren't sufficient to produce adequate vitamin D, so a daily 10mcg supplement is recommended. If you don't spend much time outdoors or cover up your skin, consider taking this supplement year-round.

Dietary requirements

A strong immune system requires a variety of nutrients. Vitamins A, B6, B12, C and D, as well as copper, folate, iron, selenium and zinc, all play essential roles in supporting immune function. Given that much of your immune system is housed in your gut, maintaining a healthy and diverse gut microbiome is crucial for optimal immunity. Here are a few tips to this end:

- **Feed your gut:** Include more prebiotic-rich foods like fruits, vegetables, legumes, beans, whole grains and fermented foods (e.g. kimchi, sauerkraut, kefir). These support the growth of beneficial bacteria that are key to immune function.
- **Eat the rainbow:** The more colourful fruits and vegetables you eat, the more antioxidants, vitamins and minerals you provide your body, which helps protect against oxidative stress, reduce inflammation and support immune cell function.
- **Nuts & seeds:** These are excellent sources of zinc and selenium, important for maintaining a robust immune system.
- **Good quality fats:** Omega-3 fatty acids found in oily fish (like mackerel, trout and salmon) as well as plant-based sources like flaxseeds, chia seeds and walnuts help reduce inflammation and support immune function.
- **Herbs & spices:** Add herbs like garlic, ginger and turmeric to your meals. These are rich in anti-inflammatory compounds and phytonutrients, such as curcumin in turmeric that helps modulate immune responses.

By including a variety of these foods in your diet, you can help ensure your immune system remains active and strong.

Foods to limit

Reduce ultra processed foods (UPFs)

Studies show that diets high in UPFs can weaken immunity due to a lack of essential nutrients. They are also low in fibre, which can negatively affect the gut-immune connection. Wherever possible, try to cook from scratch using minimally processed foods most of the time. See page 74 for more about UPFs.

Reduce sugar

High-sugar foods can suppress immune function by promoting inflammation and affecting white blood cell activity, weakening the body's ability to fight infections. Try a simple switch like swapping sugary drinks for water or herbal teas.

What else can I do?

- **Get vaccinated:** Check with your doctor to ensure you're up to date on all recommended vaccines. Vaccines train your body to produce antibodies that protect against specific diseases, making them one of the most effective ways to prevent infections.
- **Go for a walk:** A brisk 20-minute walk outside each day boosts blood flow, stimulates your lymphatic system and helps mobilise immune cells. A walk in nature can also reduce stress, a known factor in immune suppression.
- **Sleep well:** Our immune system works hard and restores itself during sleep, so getting quality rest is essential for immune health. Aim for 7-8 hours of sleep each night to help your body recharge and maintain a strong immune defence system.

Photographs GETTY IMAGES

Immune-supporting miso chicken noodle soup

SERVES 4 **PREP** 10 mins
COOK 55 mins **EASY**

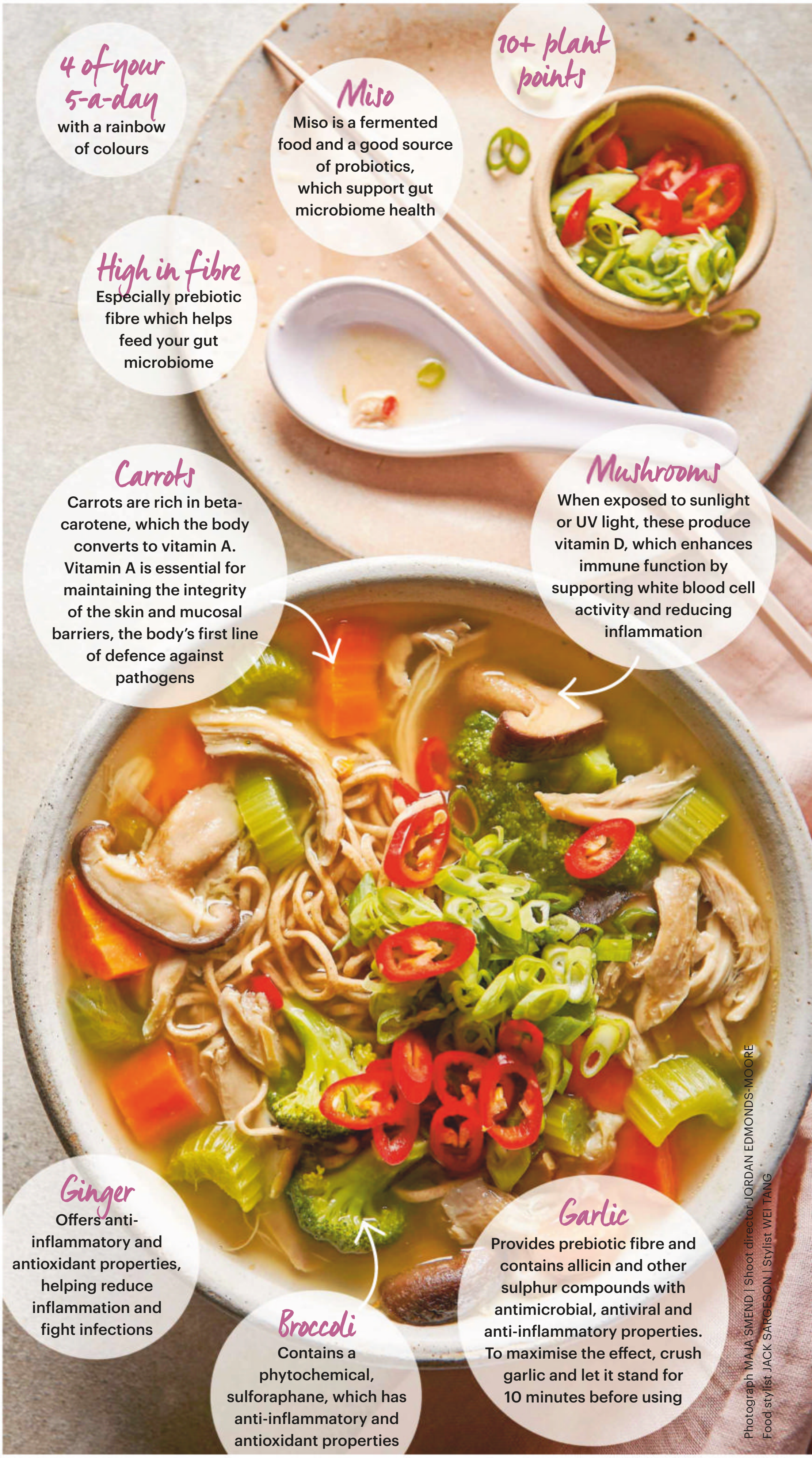
- 2 tbsp olive oil
- 1 large red onion, thinly sliced
- 320g celery, sliced into 2cm pieces
- 320g shiitake mushrooms, roughly sliced
- 4 garlic cloves, crushed and left for 10 mins
- 2½cm piece of ginger, minced
- 500g chicken legs, skin and fat removed
- 320g carrots, roughly chopped
- 2-3 tbsp miso paste
- 100g wholewheat noodles
- 250g broccoli, roughly chopped
- 4 spring onions, sliced, to serve (optional)
- red chilli, sliced, to serve (optional)

1 Heat the oil in a large, heavy pan over medium heat. Add the onion and celery, and cook for 5 mins until beginning to soften. Add the mushrooms and cook for 3 mins until softened. Stir in the garlic, ginger and chicken, and cook for a few minutes until the chicken is browned.

2 Add the carrots, miso, some salt and pepper, and 1.5 litres water to the pan. Bring to a boil, then reduce the heat, cover and simmer for 20-30 mins, until the chicken is fully cooked.

3 Remove the chicken from the soup, discard the bones and shred the meat. Add the broccoli and noodles, and cook for 4-5 mins until the noodles are soft. Serve right away, topped with sliced spring onions and red chilli, if you like.

GOOD TO KNOW healthy • low cal • fibre • vit c • 4 of 5-a-day
PER SERVING 426 kcals • fat 15g • saturates 3g • carbs 35g • sugars 14g • fibre 12g • protein 32g • salt 1.21g



4 of your 5-a-day
with a rainbow of colours

Miso
Miso is a fermented food and a good source of probiotics, which support gut microbiome health

10+ plant points

High in fibre
Especially prebiotic fibre which helps feed your gut microbiome

Carrots
Carrots are rich in beta-carotene, which the body converts to vitamin A. Vitamin A is essential for maintaining the integrity of the skin and mucosal barriers, the body's first line of defence against pathogens

Mushrooms
When exposed to sunlight or UV light, these produce vitamin D, which enhances immune function by supporting white blood cell activity and reducing inflammation

Ginger
Offers anti-inflammatory and antioxidant properties, helping reduce inflammation and fight infections

Broccoli
Contains a phytochemical, sulforaphane, which has anti-inflammatory and antioxidant properties

Garlic
Provides prebiotic fibre and contains allicin and other sulphur compounds with antimicrobial, antiviral and anti-inflammatory properties. To maximise the effect, crush garlic and let it stand for 10 minutes before using

Photograph MAJA SMEND | Shoot director JORDAN EDMONDS-MOORE | Food stylist JACK SARGESON | Stylist WEI TANG

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health benefits of...

– sweet potatoes –

Nutritionist **Nicola Shubrook** highlights all the ways in which this colourful veg can do you good

The sweet potato is a starchy root vegetable. It has bright-coloured flesh – most commonly orange, but other varieties include white, purple or yellow. Although, they may both be called 'potatoes', sweet and regular white potatoes are not related. In fact, one medium sweet potato counts towards one of your five-a-day, unlike a white potato, which doesn't.

One serving of sweet potato (steamed) contains

energy	67 kcal/285 KJ
protein	0.9g
fat	0.2g
carbohydrates	16.3g
sugar	6.7g
potassium	280mg
vitamin C	14mg

5 REASONS TO EAT SWEET POTATOES

May reduce the risk of cancer

While there are no foods that can prevent cancer, evidence suggests that eating a healthy diet may reduce the risk. Fruit and vegetables are high in antioxidants which help to defend the body against 'free radicals'. The antioxidants in sweet potato peel, especially the purple variety, may help reduce this oxidation process, thereby reducing the risk of cancer.

May support digestive health

Sweet potatoes are high in fibre, which promotes a healthy digestive system. Animal studies show that high levels of plant sterols in sweet potatoes may help protect the digestive system from gastric ulcers, including those caused by NSAIDS (non-steroidal anti-inflammatory drugs, such as ibuprofen).

May help manage type-2 diabetes

Interesting findings suggest that moderate consumption of sweet potato may improve blood sugar regulation in type-2 diabetes. Although, more evidence is needed.

Good for eye health

Sweet potatoes are rich in beta-carotene – it's what gives this root its bright-orange colour. When we eat beta-carotene, our body converts it to vitamin A, which is then used to form light detecting receptors in the eye. This is important for night vision and maintaining the health of the eye.

May support immune function

High levels of beta-carotene mean sweet potatoes may support immune function. This is because vitamin A is important for maintaining the mucous membranes in the respiratory system and gut.

ARE SWEET POTATOES SAFE FOR EVERYONE TO EAT?

Sweet potatoes are an excellent addition to a balanced diet and appear to be safe for most people. However, they do contain oxalates which bind to calcium and other minerals, inhibiting their absorption. Too many oxalates in the diet may cause kidney stones. If you have existing kidney stones or are at high risk of developing them, you should minimise your consumption of high-oxalate foods.

OVERALL, ARE SWEET POTATOES GOOD FOR YOU?

Sweet potatoes are an excellent source of vitamins, minerals and plant compounds, including beta-carotenes. They are good value for money, count as one of your five-a-day and make an easy, nutritious swap for other carb-rich staples.

Photograph GETTY IMAGES/CATHERINE MCQUEEN

Try our sweet potato recipes

Spinach, sweet potato & lentil dhal

Heat **1 tbsp sesame oil** in a wide-based pan with a tight-fitting lid. Add **1 finely chopped red onion** and cook over a low heat for 10 mins. Add **1 crushed garlic clove**, a finely chopped **thumb-sized piece of ginger** and **1 finely chopped red chilli**, cook for 1 min, then add **1½ tsp ground turmeric** and **1½ tsp ground cumin** and cook for 1 min more. Turn up the heat to medium, add **2 sweet potatoes**, cut into even chunks, and stir everything together so the potato is coated in the spice mixture. Tip in **250g red split lentils**, **600ml vegetable stock** and season. Bring to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape. Season, then stir in **80g spinach**. Once wilted, top with **4 sliced spring onions** and **½ small pack Thai basil leaves**, torn, then serve.

GOOD TO KNOW vegan • low fat • low cal • fibre • iron • 3 of 5-a-day

PER SERVING 397 kcals • fat 5g • saturates 1g • carbs 65g • sugars 19g • fibre 11g • protein 18g • salt 0.6g

Sesame salmon, purple sprouting broccoli & sweet potato mash

Heat the oven to 200C/180C fan/gas 6 and line a baking tray with parchment. Mix together $^1/_2$ **tbsp sesame oil**, **1 tbsp reduced-salt soy sauce**, a grated **thumb-sized piece of ginger**, **1 crushed garlic clove** and **1 tsp honey**. Put **2 small sweet potatoes**, cut into wedges with the skin on, into a glass bowl with **1 lime** cut into pieces. Cover and microwave on high for 12-14 mins until completely soft. Meanwhile, spread **250g purple sprouting broccoli** and **2 boneless skinless salmon fillets** out on the baking tray. Spoon over the marinade and season. Roast in the oven for 10-12 mins, then sprinkle over **1 tbsp sesame seeds**. Remove the lime wedges and roughly mash the sweet potato using a fork. Mix in **1 tbsp sesame oil**, **1 thinly sliced red chilli** (deseeded if you don't like it too hot) and some seasoning. Divide between plates, along with the salmon and broccoli.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • omega-3 • 2 of 5-a-day
PER SERVING 463 kcals • fat 22g • saturates 4g • carbs 29g • sugars 15g • fibre 10g • protein 32g • salt 1.1g

Spiced chicken, spinach & sweet potato stew

Put **3 sweet potatoes**, cut into chunks, in a large saucepan over a high heat. Cover with water and boil for 10 mins. Meanwhile, put **2 chopped onions**, **1 chopped red chilli**, **1 tsp paprika**, a grated **thumb-sized piece of ginger**, **400g can chopped tomatoes** and **2 deseeded preserved lemons** into a food processor and blend until finely chopped. Put **190g spinach** in a large colander in the sink and pour the sweet potatoes and their cooking water over it to drain the potatoes and wilt the spinach. Leave to steam-dry. Return the pan to the heat (no need to wash it first), then add the **1 tbsp sunflower oil**, followed by the **spice paste**. Fry for 5 mins until thickened, then add **8 skinless and boneless chicken thighs**. Fry for 8-10 mins until the chicken starts to colour. Pour over **500ml chicken stock**, bring to the boil and leave to simmer for 10 mins, stirring occasionally. Check the chicken is cooked by cutting into one of the thighs and making sure it's white throughout with no signs of pink. Season with black pepper, then add the sweet potato. Leave to simmer for a further 5 mins. Meanwhile, roughly chop the spinach and add to the stew. Scatter over a handful of **toasted pumpkin seeds**, **2-3 deseeded and chopped preserved lemons**, and serve with warm naans.

GOOD TO KNOW low fat • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 445 kcals • fat 12g • saturates 3g • carbs 47g • sugars 27g • fibre 10g • protein 33g • salt 0.6g

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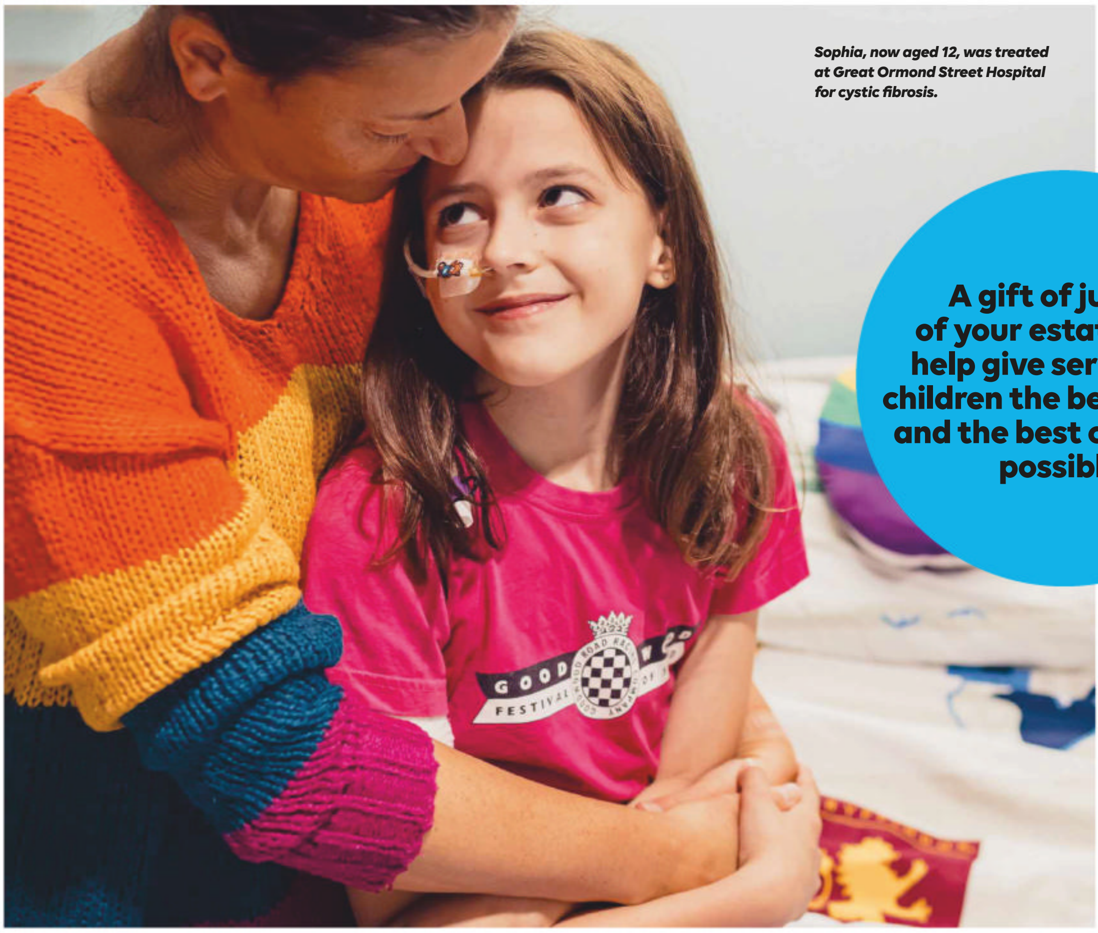

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Could you give up *ultra-processed foods?*

The amount of UPFs we consume in the UK is a hot topic but cutting them out is a challenge. Food writer **Vicky Chandler** shares her experience

More than half of the average UK diet is made up of ultra-processed foods (UPFs). So, how hard is it to cut them out? I embarked on a two-week experiment to find out.

Cutting UPFs from my diet was far harder than I imagined. I've always taken pride in cooking and the quality of produce I buy – organic meat, good olive oil – but in 2024, I couldn't ignore the question: "Am I eating too much ultra-processed food?" Reports linking UPFs to health issues, including obesity, forced me to confront my habits.

So, what exactly is a UPF? Broadly, it's any food processed beyond the means we have at home and often containing ingredients like emulsifiers, stabilisers, or artificial sweeteners. Think soft drinks, ready meals, instant soups, or even packaged sliced bread. Chris van Tulleken, in his book *Ultra Processed People,* suggests UPFs disrupt appetite regulation and contribute to overeating. Even some seemingly healthy foods – yogurts, non-dairy milks, or protein bars – qualify.

Determined to go cold turkey, I dove in and wrote a diary.

Vicky is an award-winning writer and editor, with over a decade's experience specialising in food, drink and lifestyle content. She has led food editorial teams across some of the biggest names in publishing and was listed on *Forbes'* 30 Under 30 list in 2022. *@vickychandler*

Days 1-4

Grocery shopping became an ordeal as I scrutinised ingredient labels. My £1.50 bagels were replaced with £4.60 sourdough, and flavoured yogurts gave way to plain Greek yogurt. My trolley didn't look drastically different, but I had to ditch favourites like hot sauce and squash.

Cooking proved challenging. Many sauces and condiments I relied on – hoisin, curry paste, even sesame oil – were UPFs. I got creative, using peanut butter and soy sauce for stir-fries. Drinks were tougher, too. I love fizzy drinks, iced coffees and sugar-free energy drinks, but I had to settle for plain water, a struggle given my dislike for it.

Days 5-9

By now, the limitations of a no-UPF diet were wearing on me. Staples like baked beans, low-fat mayo and protein shakes were out. Preparing meals became time-consuming, especially during work hours. I missed the convenience of store-bought sandwiches or jarred pasta sauces.

Protein was a particular struggle. I resorted to boiled eggs and plain chicken breasts, longing for the simplicity of a shake. My usual sweetener in coffee was swapped for sugar – a step backward. Social occasions weren't any easier. A Sunday pub quiz meant giving up my usual gin and crisps. I compromised with Prosecco and salted peanuts.

Days 10-14

By the second week, I was utterly bored. I might have felt slightly less sluggish, but the lack of convenience overshadowed any benefits. I couldn't help but think of parents juggling time, money and picky eaters. A friend admitted frozen chips and chicken nuggets were often all her kids would eat.

Vegans and vegetarians face extra challenges. Plant-based milks, vegan sausages and meat substitutes are all UPFs. My vegan friend lamented the difficulty of finding whole food alternatives.

On day 11, I cracked and had a sugar-free energy drink. While I could live without hot sauce or pre-made sauces, some UPFs felt irreplaceable to me.

Simple swaps to reduce UPFs

Nutritionist Jemma Joel recommends:

- Plain yogurt with fresh fruit instead of flavoured varieties
- Making your own granola instead of buying it in a shop (find our recipes at *goodfood.com*)
- Bulk-cooking meals for the freezer
- Swapping instant noodles for wholegrain rice
- Butcher's sausages over shop brands

Lessons learned

Did I feel transformed after two weeks? Not really. I eat relatively well already, but this experiment opened my eyes to hidden UPFs in my diet. Cutting out protein shakes and bars was my biggest win, saving me money and encouraging natural protein sources like eggs and chicken.

However, the lack of accessibility was frustrating. Convenience foods like instant ramen and meal deals are lifesavers for busy people. For many, eating less ultra-processed food isn't a choice but a privilege, needing time, money and energy.

Reducing cakes, biscuits and chocolate is undoubtedly healthier, but judging others for relying on UPFs is unfair. Millions of people are simply trying to feed their families, often on tight budgets.

Verdict

Cutting down on UPFs is worth trying, but cutting them out entirely felt unsustainable. Moderation and informed choices, rather than extremes, seem the best way forward.

Try our recipes

Sardine tomato pasta with gremolata

SERVES 1 **PREP** 5 mins
COOK 15 mins **EASY**

- 75g wholemeal spaghetti
- ½ x 120g can sardines in oil
- ½ tbsp capers, drained
- 2 garlic cloves, crushed
- 2 tomatoes, roughly chopped
- 30g rocket
- ½ lemon, zested
- small handful of parsley, finely chopped

1 Cook the pasta following pack instructions in a large pan of boiling salted water. Heat 1 tbsp oil from the can of sardines in a non-stick frying pan over a medium heat and sizzle the capers and half the garlic for 1-2 mins until fragrant. Tip in the tomatoes and fry for 4-5 mins more until softened and bursting. Stir in the sardines and rocket, tossing a few times to break up the fish and wilt the leaves. Season.

2 For the gremolata, combine the lemon zest, parsley and remaining garlic in a small bowl, and season. Drain the pasta and top with the sardine sauce and gremolata.

GOOD TO KNOW healthy • low fat • low cal • calcium • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 405 kcals • fat 9g • saturates 2g • carbs 53g • sugars 5g • fibre 11g • protein 23g • salt 0.8g

---

Harissa broccoli & flatbreads

SERVES 2 **PREP** 10 mins
COOK 15-20 mins **EASY** **V**

- 90g self-raising flour, plus extra for dusting
- 8 tbsp thick natural yogurt (such as Greek-style)
- 2½ tbsp olive oil, or rapeseed oil
- 200g long-stemmed or regular broccoli, cut into florets if regular
- 1 tbsp harissa, plus extra to serve (optional)
- 2 eggs

1 Put the flour in a bowl and add half the yogurt and a large pinch of salt. Mix to form a wet dough. Cover and leave to rest for 10 mins.

2 Meanwhile, heat ½ tbsp of the oil in a large non-stick frying pan over a medium-high heat and fry the broccoli for 3 mins, then pour in 70-100ml water and cook for 3-4 mins more until tender and slightly charred (the water will help the broccoli to steam-cook).

3 Mix 1 tbsp of the oil with the harissa. Once the broccoli is cooked, remove from the heat and stir through the harissa oil, tossing to coat. Season. Transfer to a plate and cover to keep warm.

4 Cut the flatbread dough in half. Lightly dust the work surface with flour, then roll each half out into a rough circle, about 15cm wide.

5 Return the pan to a high heat. Lay a flatbread in the pan and cook for 45 seconds-1 min on each side until puffed up with some charring. Repeat with the remaining dough

6 Heat the remaining 1 tbsp oil in the pan over a low heat and fry the eggs to your liking. Season. Spread the remaining yogurt over the flatbreads and top with the broccoli and a fried egg. Spoon over a little more harissa, if you like, and grind over some black pepper to taste.

GOOD TO KNOW calcium • folate • vit c • 1 of 5-a-day
PER SERVING 533 kcals • fat 25g • saturates 7g • carbs 49g • sugars 14g • fibre 5g • protein 26g • salt 1.1g

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“We saved for the perfect kitchen”

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For food lovers Grace and Ben, the kitchen is the heart of their home. A dedicated savings account helped them put aside what they needed to make their vision a reality

Creating their dream kitchen was the priority for Grace Richmond and Ben Johnson when they bought their forever home in Birmingham in 2023. Their shared love of cooking, whether for a weeknight dinner or entertaining friends, made the decision to use their savings on designing the perfect space an easy one.

"We always said the kitchen would be the most important room in the house," says Grace, 38. "It's where we spend the most time."

Having always lived in small apartments, the couple were thrilled to finally have a kitchen big enough for them to cook in together. But niggles – such as the freezer sitting out in the garage or high cupboards that blocked the natural light – meant it needed some updating.

"The biggest thing that we wanted to change was access to the kitchen," explains Ben, 33. "It's at the back, and it was dark and closed off, so it felt separate from the rest of the house."

Smart saving

Luckily, Grace and Ben had built up a savings pot for when they found the perfect house, so they could renovate it to their taste. Having met as PhD students, they were no strangers to stretching a budget. Putting savings aside as soon as they started earning a salary meant they never felt they were missing out.

"Because we were both students for such a long time, it was the first time we'd even been able to save – so it was satisfying watching those savings grow," says Grace. "We put money away into a joint, easy-access savings account each month as soon as we got paid – so it was gone before we had a chance to miss it."

As their earnings grew, they were able to increase the amount they saved. "In our heads, we were saving 'to do the house' – so when we found the perfect property, we could renovate it how we wanted," says Ben.

Realising a dream

Regular saving meant that when the time came, Grace and Ben had enough put aside for a kitchen that suited their tastes and habits. "Within reason, we could have the features we'd always wanted, because we'd saved that money and we knew it was specifically allocated to the kitchen," says Grace.

One key feature was a wall of floor-to-ceiling cupboards fitted with plug sockets, to store appliances at worksurface height. This helps the couple keep their worksurfaces free of clutter – leaving plenty of space for Ben's weekend sourdough baking.

Another important feature was a large island for socialising in the kitchen. "It's a bit of a cliché, but a big island means that everyone can stand around and have drinks while you're cooking – or they can sit at the bar," says Grace.

"We wanted to have that space we could share with other people," agrees Ben. "Whenever we have anyone over, it's where we tend to congregate. Whether people are coming for dinner or coming for drinks, we always end up in the kitchen."

A year on from finishing the project, Grace and Ben have no regrets about investing in their favourite room of the house. "It was finished just in time for us to host Christmas dinner, which we loved," says Grace.

"We'll kind of fight over who gets to cook now," laughs Ben. "Food is something we're passionate about, and our savings have allowed us to get more enjoyment out of it.

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At its best

PLANET FRIENDLIER

Our head of food **Cassie Best** shares new ideas using seasonal watercress, beetroot and rhubarb

photographs LIAM DESBOIS

Beetroot

A versatile root veg, beetroot can be boiled, roasted, pickled or even grated raw into salads. The young leaves can be picked fresh and eaten raw, too, while mature leaves can be wilted and used like spinach. There's a wide variety of beetroot to grow, with orange, yellow and pink cultivars to choose from.

Pink eggs & beetroot with yogurt & chilli butter

Beetroot juice gives the poached eggs a pretty pink hue, making this salad special enough for entertaining. Serve as part of a breakfast or lunch spread for friends, with warmed flatbreads for scooping up the garlicky yogurt, eggs and beetroot wedges.

SERVES 4 **PREP** 15 mins
COOK 1 hr **EASY** **V**

2 tsp coriander seeds
4 medium beetroots, trimmed (see tip)
100ml red wine vinegar
2 tbsp caster sugar
2 bay leaves
1 red chilli
4 eggs
250g thick Greek-style yogurt or labneh
1 garlic clove, grated
1 tbsp dukkah
small bunch of dill, leaves picked
flatbreads, to serve

For the chilli butter

50g butter
1 lemon, zested and juiced
2 tsp Aleppo chilli flakes

1 Tip the coriander seeds into a dry frying pan and toast over a medium heat for a few minutes until aromatic. Remove from the heat and add the beetroots (no need to peel first), vinegar, sugar, bay leaves and 2 tsp salt. Pierce the chilli all over a few times using a knife, then add to the pan. Pour in enough water to cover the beetroots completely, then bring to a simmer over a low-medium heat and cook for 45 mins, topping up with more water if needed, until tender. Scoop the beetroots into a bowl using a slotted spoon and leave to cool slightly (reserve the cooking liquid for dying the eggs). Once cooled, remove the skins. *The beetroots will keep chilled for up to five days.*

2 Boil the eggs in a pan of water for 7-8 mins (7 mins if they're room temperature, or 8 mins if fridge-cold). Immediately plunge into a bowl of cold water and leave until cool enough to handle, then peel. Drop the peeled eggs into the reserved beetroot cooking liquid and leave for 30 mins – this will dye the eggs pink. (You can leave them for longer, if you like – the pink water will continue to further permeate the eggs the longer you leave them.)

3 Mix the yogurt or labneh with the garlic and a pinch of salt, then spread this over a large serving plate. For the chilli butter, melt the butter in a pan, then stir in the lemon zest and chilli flakes. Remove from the heat and set aside.

4 Cut the beetroots into wedges and arrange on top of the yogurt. Halve the boiled eggs and arrange these on top too, then pour over the hot chilli butter. Season with the lemon juice and a pinch of salt, then scatter over the dukkah and dill. Serve with warmed flatbreads for scooping up the buttery yogurt.

GOOD TO KNOW folate • vit c • 1 of 5-a-day • gluten free
PER SERVING 343 kcals • fat 24g • saturates 12g • carbs 15g • sugars 13g • fibre 5g • protein 15g • salt 1.41g

tip

Don't throw away the trimmed beetroot leaves – young, tender leaves can be eaten in a salad, while tough leaves can be cooked in a similar way to chard, in a stir-fry or wilted with some garlic to serve alongside steak.

Watercress

The peppery leaves of watercress are most commonly enjoyed in salads and soups. And, while usually found growing wild in flowing streams, it can easily be grown in a container or garden pond.

Watercress pearl barley risotto with brown butter hazelnuts

Pearl barley creates robust, nutty texture and, while it takes longer to cook than rice, it's worth the effort. Dairy adds richness – we've gone for a triple hit with brown butter, mascarpone and goat's cheese.

SERVES 2 **PREP** 10 mins
COOK 50 mins **EASY** V
❄ risotto only

2 tbsp olive or rapeseed oil
1 onion, finely chopped
2 garlic cloves, crushed
200g pearl barley
800ml-1 litre vegetable or chicken stock
80g watercress, plus extra leaves to serve
50g mascarpone
½ lemon, zested and juiced
1 tsp Dijon mustard
20g parmesan or vegetarian alternative
50g butter
50g hazelnuts
50g soft goat's cheese (vegetarian, if needed)

1 Heat the oil in a large pan over a medium heat and cook the onion for 8-10 mins until softened. Stir in the garlic and cook for another 1-2 mins until softened but not coloured, then add the pearl barley and stock.

2 Reduce the heat to a simmer and cook for 40-45 mins, stirring often and topping up with water if needed, until the barley is tender and all the stock has been absorbed.

3 Put most of the watercress in a food processor along with the mascarpone, lemon juice, mustard, parmesan and a splash of water. Blitz until the mixture is the consistency of smooth pesto.

4 Melt the butter in a frying pan over a low-medium heat and toast the hazelnuts for 5-10 mins until the nuts are golden and the butter is a nutty brown colour.

5 Add the watercress pesto to the risotto, season well, then add another drop of lemon juice, if needed. Cook for another few minutes until the consistency loosens – it should resemble rice pudding. (Add another splash of water to loosen, if needed.) *Once completely cool, the risotto will keep frozen in an airtight container for up to two months. Defrost in the fridge overnight, then reheat thoroughly in a pan with a splash of water to loosen.* Ladle into shallow bowls and top with the toasted hazelnuts, brown butter, chunks of goat's cheese, the lemon zest and the remaining watercress leaves.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 1 of 5-a-day
PER SERVING 1136 kcals • fat 72g • saturates 30g • carbs 93g • sugars 10g • fibre 6g • protein 27g • salt 2.7g

Rhubarb

Easy to grow and producing masses of edible stalks every year, it's no wonder rhubarb is so popular with home gardeners. Though, strictly speaking, a vegetable, it's considered one of the earliest 'fruits' of the year. By forcing it in late winter, it can be harvested as soon as March. Stew it for crumbles or porridge, or use to make cordials. (The leaves are poisonous, so compost those.)

Roasted rhubarb & rose eton mess

Bring a pop of pink to your dessert with seasonal forced rhubarb. To save time, use shop-bought meringues – you'll need eight, as they're smaller than the homemade ones in this recipe.

SERVES 4-6 **PREP** 30 mins plus 1 hr cooling and chilling
COOK 1 hr 15 mins **EASY** **V**

- 4 egg whites (freeze the yolks for another recipe)
- 250g golden caster sugar
- 400g thin rhubarb stalks (choose ones that are deeply pink), cut into 2-3cm batons
- 1 orange, juiced
- 450ml double cream
- 2 tbsp icing sugar
- 1 tsp rosewater (see tip)
- 50g pomegranate seeds
- 50g slivered pistachios
- crystallised edible rose petals, to serve (optional)

1 Heat the oven to 150C/130C fan/gas 2 and line a baking tray with baking parchment. Put the egg whites in a large, clean bowl along with a pinch of salt, and whisk using an electric whisk until white and billowy – they should be doubled in volume. Add 200g of the caster sugar, a spoonful at a time, whisking continuously. When the sugar has been fully incorporated, whisk for another minute until the meringue is thick, glossy and holds stiff peaks.

2 Dollop spoonfuls of the meringue onto the baking tray using a large metal spoon, spacing them out evenly (you should get about six in total). Bake for 1 hr, then turn the oven off, leaving the tray inside for at least 1 hr to cool. Once cooled, remove from the oven and set aside. *The meringues will keep in a sealed container for up to a week.*

3 Heat the oven to 200C/180C fan/gas 6. Arrange the rhubarb in a roasting tin, sprinkle over the remaining 50g sugar and tip in the orange juice. Roast for 15 mins until the rhubarb is tender. Pour the roasting juices into a saucepan and simmer over a medium heat for 5 mins until syrupy. Leave the rhubarb and syrup to cool, then chill until you're ready to assemble. *Can be prepared two to three days ahead.*

4 Pour the cream into a large bowl with the icing sugar and rosewater. Whisk until softly whipped, then gently fold through a drizzle of the rhubarb syrup.

5 Crush a few of the meringues over a large platter, then dollop over spoonfuls of the whipped cream. Spoon over the rhubarb, then add another layer of crushed meringues, whipped cream and rhubarb. Drizzle over any leftover syrup, then scatter over the pomegranate seeds, pistachios and crystallised rose petals, if using.

GOOD TO KNOW 1 of 5-a-day
PER SERVING (6) 629 kcals • fat 44g • saturates 25g • carbs 52g • sugars 51g • fibre 2g • protein 6g • salt 0.15g

tip

Rosewater can vary hugely in potency – add just a drop to start, then add a little more if you still want more flavour.

Shoot director LAURIE NEWMAN | Food stylist ROSIE REYNOLDS
Stylist MAX ROBINSON

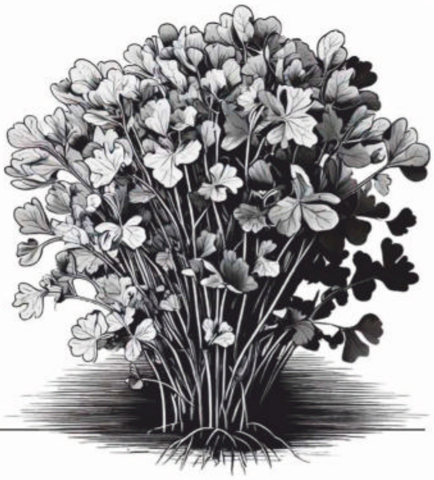
Homegrown

Eat seasonally when produce is at its best and cheap to buy, and preserve some too, so you can enjoy the flavours all year round

PRESERVE *the* SEASON

Watercress

- Whizz up a classic watercress soup and stash portions in the freezer ready for an easy lunch.
- Watercress makes a delicious, peppery pesto which can be frozen in an ice cube tray for easy defrosting. Stir through your favourite pasta or serve with fish.



Beetroot

- The traditional way to preserve beetroot is to pickle it in a vinegar solution but you can add your own favourite ingredients to the vinegar to enhance the flavours. We like chilli, coriander seeds and bay leaves. The beetroot will keep in sterilised jars in a cool, dark place for months.
- Make a vibrant beetroot hummus with a can of chickpeas or white beans, tahini and garlic. It'll freeze well for a few months.

Rhubarb

- Making rhubarb cordial is a delicious way to preserve its flavour. Find our recipe at *goodfood.com*.
- Store portions of rhubarb compote in the freezer, ready to serve over porridge or turn into a crumble.

WHAT TO GROW NOW

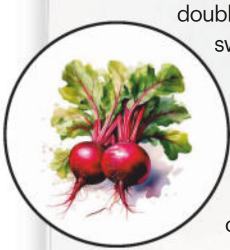
Are you a green-fingered cook? ***Emma Crawforth*** *of* BBC Gardeners' World *offers advice on what to plant this month.*

Tomatoes

- Tomato plants are easy to grow, but if you'll be growing outdoors, don't sow until the end of the month, so your seedlings are the right size for planting out after the risk of frost has passed. Timing is looser with a greenhouse. Sow seeds into small pots or trays indoors, into peat-free, multipurpose compost, 2cm deep. Use a heated propagator set at 15-30C for germination. Keep moist and well lit.

Jerusalem artichokes

- One for a gardener with plenty of space and the energy to harvest all the tubers at the end of the year as they quickly become invasive otherwise. Plant small (hen's-egg size) tubers 10-15cm deep and 30cm apart in a position where you won't mind having 3-metre high plants this autumn. Earth up the stems once they're 30cm tall, for stability, and watch out for slugs and snails.



Beetroot

- Homegrown beetroot offers double benefits with swollen roots and tasty colourful leaves. Sow seeds into containers or beds outdoors for an early summer crop, 2.5cm deep and 10cm apart in an open, sunny site. Choose a bolt-resistant cultivar, such as 'Boltardy' or 'Pablo' as crops started this month can run to seed. Also keep a cloche handy to protect the plants overnight if frost threatens.

Discover it *now*
wild garlic

Each month **Barney Desmazery** spotlights an underused, hyperseasonal ingredient that can transform your favourite dishes

Over the last few years wild garlic has gained popularity as a spring ingredient to look out for. The leafy green perennial, also known as ramsons, thrives in damp woodlands across Britain with its pungent aroma and delicate white flowers.

From mid-February, the first tender shoots emerge, resembling microherbs, and by late March, the plant unfurls into its full leafy splendour. By mid-April, star-shaped flowers bloom, offering salad-worthy garnishes. As the season progresses, the leaves turn bitter, but the stalks can still be used like spring onions, and the seeds, which resemble capers, are perfect for pickling.

Wild garlic is often confused with three-cornered leek in the wild as they both have a garlicy aroma, but wild garlic has broader leaves while three-cornered leek has slender leaves and a more bell-shaped flower.

If you want to forage for wild garlic always go with an expert as wild garlic often grows among poisonous plants like lily of the valley, autumn crocus, and lords-and-ladies. These can be deadly if consumed, so double-check each leaf for wild garlic's distinctive garlicky aroma. With all foraging always seek landowner permission and only ever pick what you need. Remember, it's illegal to uproot plants on common land.

Quick idea

- **Wild garlic pesto**

Rinse and roughly chop **150g wild garlic leaves**. Blitz with **50g parmesan**, **1 garlic glove**, **zest of ½ lemon** and **50g pine nuts** or **cashews** to a rough paste in a food processor. Season, and with the motor running slowly, drizzle in **150ml olive oil**. Taste, season and add a few squeezes of **lemon juice**. Transfer the pesto to a clean jar and top with a bit more oil. *Will keep chilled for up to two weeks.*

Baked new potatoes with wilted wild garlic

This is a great side that offers a flavourful twist on your classic roasties. Serve them alongside both meat and fish dishes.

SERVES 6 **PREP** 15 mins plus cooling
COOK 1 hr **EASY** **V**

- 800g new potatoes, any larger ones halved
- 4 tbsp olive oil
- 1 tbsp white wine vinegar
- 1 tbsp wholegrain or Dijon mustard
- 2 tbsp chopped parsley
- 2 tbsp fine capers, drained and chopped
- 100g wild garlic, roughly chopped

1 Heat the oven to 200C/180C fan/gas 6. Toss the potatoes in 1 tbsp of the oil and plenty of sea salt, tip onto a baking tray and and put in the oven for 45 mins-1 hr, tossing occasionally, until golden and cooked through.

2 Remove from the oven and transfer to a large bowl. While still hot, toss through all the other ingredients until the wild garlic has wilted. Leave to cool slightly before serving.

GOOD TO KNOW healthy
PER SERVING 176 kcals • fat 8g • saturates 1g • carbs 21g • sugars 2g • fibre 3g • protein 3g • salt 0.4g

PAXO
A Roast isn't a Roast without
The Nation's Favourite* Stuffing!
PAXO
Sage & Onion

Source: Circana Vales Sales
Total Market 52we 26th October 2024

Carrot cake pancakes, p104

Make time for yourself

Whip up our creamy nduja pasta for a Friday night treat, recreate **Chris Packham's** favourite plant-based recipe and go foraging with tips from chef **Merlin Labron-Johnson**. Plus, make our carrot cake pancakes this Mother's Day

Be inspired and discover more at *goodfood.com/feature/weekend*

weekend

Friday night dinner

One-pot creamy nduja pasta

When you've had a long week and want something quick and indulgent, without too much washing-up, this pasta is just the thing

recipe HELENA BUSIAKIEWICZ *photograph* LIAM DESBOIS

SERVES 4 **PREP** 10 mins
COOK 35 mins **EASY**

- 2 tbsp olive oil
- 1 red onion, finely chopped
- 2 garlic cloves, grated
- 2 tbsp nduja
- 65g green olives, roughly chopped
- 200g cherry tomatoes, halved
- 400g mafalda pasta
- 1 litre hot vegetable stock
- 4 tbsp mascarpone
- 50g parmesan, grated, plus extra to serve

1 Pour the olive oil into a large casserole dish that has a tight-fitting lid. Put the pan over a medium heat and, once the oil is shimmering, tip in the red onion and garlic. Cook for 10 mins, stirring regularly, until the onion is softening and turning golden at the edges.

2 Stir in the nduja, letting it caramelise with the onions and garlic for a few minutes before stirring in the green olives and tomatoes. Season well with salt and pepper. Cook for an additional 5-6 mins, until the tomatoes blister and begin to break down.

3 Lay the pasta on top of the sauce, then pour in the vegetable stock. Bring to the boil, then reduce to a simmer and put the lid on. Leave to cook for 15 mins, stirring well after 5 mins.

4 When the pasta is al dente, stir in the mascarpone and parmesan. Season to taste, then serve with more parmesan scattered on top.

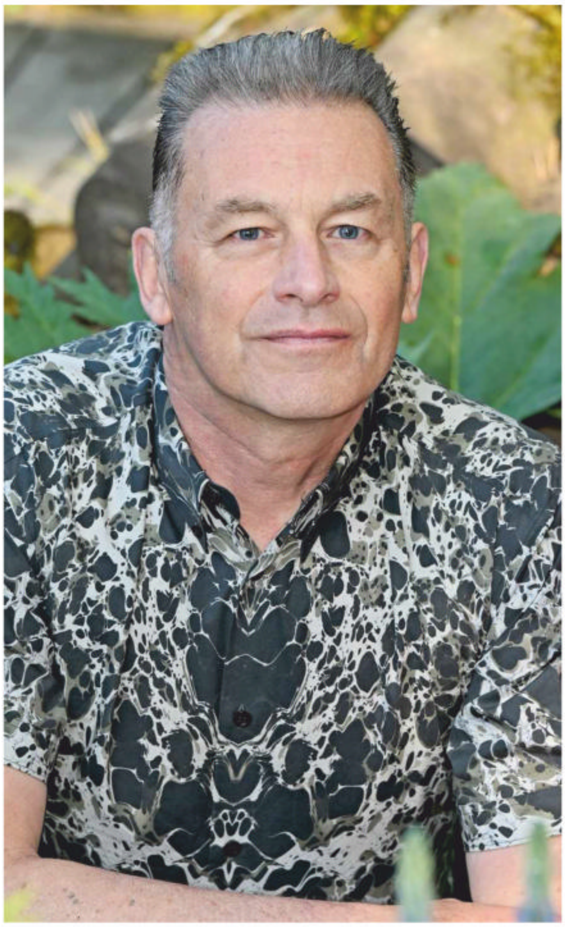
GOOD TO KNOW fibre • vit c • 1 of 5-a-day
PER SERVING 631 kcals • fat 24g • saturates 10g • carbs 80g • sugars 9g • fibre 8g • protein 20g • salt 1.69g

Shoot director LAURIE NEWMAN | Food stylist ROSIE REYNOLDS | Stylist MAX ROBINSON

My favourite dish

Chris Packham's tofu curry

The naturalist, broadcaster, author and campaigner shares advice on helping the planet, and his favourite plant-based recipe



My favourite dish is a tofu butter curry Charlotte [my partner] makes, it's really delicious. I always thought that cookery was like a science, because if you follow a recipe and all the precise ingredients, it'll come out right, but cooking is an art. I think you've got to have that intuitive ability to change a recipe and improvise. So I could make a tofu butter curry and it would be edible, but it wouldn't sparkle.

My parents say that I had a fascination with nature by the time I was crawling around the garden. We had a very small garden in suburban Southampton. And I was drawn to the creepy crawlies, as my mother would call them. Neither of my parents came from a biological background, my father was an engineer and my mother was a legal secretary, but they nurtured that interest. I was very lucky.

They bought a house, but it turned into a menagerie. The garden was given over to all sorts of enclosures and some of the animals that probably should have been in the garden ended up in the bedroom –badgers, foxes, kestrels and buzzards. By the time I was 14, my dad got me a pair of binoculars and, at that stage, I realised I could learn more about watching animals in their own environment rather than bringing them into mine.

I had no interest in domestic animals at all, but, in 1980, my mother bought me a small black miniature poodle. It transformed my life – I've had poodles ever since as companion animals, and it's been enormously enriching.

I regulate my food and what I eat. Because I'm autistic, it's one of the ways that we moderate our ability to interact with the rest of the world and reduce anxiety and stress. At the moment, I'm not eating cucumber. I suddenly decided that I didn't like it or need it. I don't eat fruit either – I don't like the texture and tactile nature of it, so even talking about handling a nectarine or peach sends a shiver down my spine.

I eat plant-based in general, and that's not just for my own health, but because of the environmental impact of the meat and dairy industry, which is quite considerable. The key thing is, whatever you put in your mouth, it's come from the natural resources that we have on our planet. And so by making conscious decisions about what you eat, you can have the most direct and regular impact on the environment.

There are other things you can do to help the planet. Firstly, don't have children. That's the biggest step when it comes to increasing your carbon footprint. It might be too late for a lot of people reading this and that's fine – I'm just putting that out there. The second thing is to change the way you live.

If you want to make an instantaneous protest, then move your money to an ethical bank, because that is the biggest way of reducing your carbon footprint. I recommend MotherTree. It's independent. It's not affiliated to any of the big banks. I know internet banking is scary, but I downloaded an app and I made that change in about five minutes to a bank which doesn't support fossil fuels or weapons production.

Here in the UK, we live in one of the most nature-depleted set of countries anywhere in the world. We've ravaged our biodiversity. Sixteen per cent of our monitored species are in danger of extinction. Our backyard is in a desperate mess. The thing that's driving that is the meat and dairy industry. And that's because you need lots of ▶

Creamy tofu curry with homemade roti, p98

> Support small, local, family farms. It's a great way of instigating that journey of improving your lifestyle and your impact on the planet

Organically grown in our
OPEN
TUESDAY
TO
SUNDAY
3:30
Carrots Heritage Mix £2.20
Flowers Medium Bunch £5
Baby Beetroots
Runner Beans £2.20
French Beans £2.20
Chard £1
Sorel Leaves £1.20
delicious EGGS
Cucumber small outdoor ones £2
Tomatoes £3.20

land to do it, so there's a constant need to take natural ecosystems and turn them into farmed systems.

In the Amazon, the vast majority of proactive deforestation is to grow crops to feed cattle. Eighty per cent of the soy that's produced in the Amazon, which was prime rainforest, goes to China to feed pigs. The ills of intensive industrial animal agriculture are what is principally driving the loss of the world's wildlife.

If you eat meat, think about cutting out processed meat, which is really bad for you. Processed bacon and sausages, they're grade 1 carcinogens. But with people cutting back on eating meat, we need to nurture those farmers through that transition. I don't want to make anyone bankrupt overnight.

So even if you were to think to yourself, I'm going to cut back on meat, I'm only going to eat it three times a week and I'm going to eat a better standard of meat. Support small, local, family farms. It's a great way of instigating that journey of improving your whole lifestyle and, coincidentally, your impact on the planet.

You can buy quite a lot of processed plant-based food in supermarkets, so that's not going to solve all of your problems, nor the world's either. But every now and then, we do eat them. We call it dirty vegan. We'll get one of those highly processed plant-based burgers and they are delicious.

Good food means to me a clear conscience. And that conscience will be based upon the impact that producing, purchasing and preparing that food is having on the planet and animal welfare. We're never going to be perfect. Life is a progressive thing, it's just about keeping your mind open.

Creamy tofu curry with homemade roti

SERVES 4 **PREP** 20 mins
COOK 45 mins **EASY** V

400g firm tofu
2 tbsp cornflour
4 tbsp vegetable oil
5 tbsp tikka or madras paste
2 white onions, thinly sliced
1 tbsp tomato purée
500g tomato passata
200g creamed coconut
15g coriander, roughly chopped (optional)

For the roti
100g plain or wholemeal flour, plus extra for dusting
1 tsp vegetable oil

1 Heat the oven to 230C/210C fan/gas 8. Drain the tofu on kitchen paper and slice in half horizontally, patting it as you go to absorb as much moisture as possible. Tear the tofu into chunks, tip into a bowl and toss to coat in the cornflour, 1 tbsp of the vegetable oil and $\frac{1}{2}$ tsp salt. Spread out on a baking sheet and bake in the oven for 25 mins.

2 Using the same bowl, make the roti. Mix the flour, a pinch of salt and the oil together with enough water (about 65ml) to make a soft, not sticky, dough. Knead on a floured surface for 3 mins, then cover and leave to rest while you make the sauce.

3 Heat the remaining 3 tbsp oil in a frying pan over a medium heat and cook the tikka paste until fragrant, about 1 min. Add the onions and cook for 4-5 mins, adding a splash of water if needed to prevent any sticking, then cover and cook until completely softened (8-10 mins more), stirring occasionally.

4 Add the tomato purée, passata and a pinch of salt. Simmer for a further 5 mins before adding the creamed coconut. Reduce the heat to low while you make the rotis. Loosen the sauce occasionally with a splash of water if it's starting to look too thick.

5 Divide the roti mixture into four equal balls. Roll the balls out on a floured surface using a floured rolling pin until 2-3mm thick. Heat a dry frying pan until very hot, then cook each roti for 1 min on each side until charred in places. Wrap in a tea towel as they come off the heat to keep them soft.

6 Remove the tofu from the baking tray and stir into the sauce to coat before sprinkling with coriander and serving with the roti.

GOOD TO KNOW vegan • calcium • fibre • iron • 2 of 5-a-day
PER SERVING 817 kcals • fat 59g • saturates 32g • carbs 42g • sugars 16g • fibre 9g • protein 24g • salt 2.1g

Photographs GETTY IMAGES

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- *Triple-cheese hot cross buns*
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Passover menu | Ethical cheeseboard | Friday night curry

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make time on
Mother's Day

Treat Mum to an indulgent pancake breakfast, a home-baked savoury tart or a special starter to elevate a traditional Sunday lunch

recipes SAMUEL GOLDSMITH

photographs MAJA SMEND

MOTHER'S DAY

30 MARCH

Trout rillette with rye toast

Using trout here instead of salmon is more sustainable and it's equally delicious. The recipe is also ideal for making the day before, so all there is to do on the day is serve.

SERVES 4-6 **PREP** 15 mins plus at least 2 hrs chilling **COOK** 15 mins **EASY**

200ml white wine
265g trout fillets
100g smoked trout, roughly chopped
3 tbsp mayonnaise
3 tbsp crème fraîche
2 spring onions, very finely sliced
1 tbsp chopped chives
½ lemon, zested and juiced, plus wedges to serve
6-8 slices of rye bread

1 Pour the wine into a small pan along with 125ml water and bring to a simmer. Drop in the trout fillets and poach for 6-8 mins until cooked through. Drain and leave the trout to cool.

2 Flake the cooled trout into a bowl, then combine with the remaining ingredients, except the lemon juice and rye bread, reserving a few of the spring onions and chives. Add a pinch of salt and freshly ground black pepper, then add the lemon juice to taste. At this point you can either leave in the bowl and serve spoonfuls on plates or spoon into ramekins to serve. Leave to chill for at least 2 hrs or overnight.

3 Just before serving, toast the rye bread and sprinkle the remaining spring onions and chives over the rillette. Serve with lemon wedges on the side for squeezing over.

GOOD TO KNOW omega-3
PER SERVING (6) 266 kcals • fat 14g • saturates 4g • carbs 16g • sugars 2g • fibre 2g • protein 16g • salt 1.18g

Feta & pea tart

Celebrate spring with this simple bake, which you can make the day before and warm up in the oven before serving.

SERVES 6-8 **PREP** 30 mins plus chilling **COOK** 40-55 mins **EASY V**

175g frozen peas, defrosted
200g crème fraîche
200g feta, roughly chopped
300ml double cream
3 eggs
8-10 mint leaves, finely chopped
handful of parsley, finely chopped
green salad, to serve (optional)

For the pastry

250g plain flour, plus extra for rolling out
125g butter, cold, cubed
1 egg yolk (freeze the white for another recipe)

1 Make the pastry by blitzing the flour, butter and a pinch of salt together in a food processor until it resembles fine breadcrumbs. Pulse in the egg yolk until a soft dough forms (you may need to add $^1/_2$ tsp or so of water but do this very slowly and gradually). Tip the mixture out and form into a flat disc before chilling for 15-20 mins. Roll out the pastry on a lightly floured surface until $^1/_2$cm thick and wide enough to line a 23cm tart tin (loose-bottomed is easiest). Prick the base all over with a fork and chill for 15 mins.

2 Heat the oven to 180C/160C fan/gas 4. Line the pastry case with baking parchment and baking beans, then bake for 10 mins. Remove the parchment and beans, and bake for a further 5-10 mins until a light biscuit colour.

3 Blitz a third of the peas with the crème fraîche, half the feta, double cream and eggs, then pour into a bowl and mix in the remaining peas, feta and all the herbs. Season well with salt and pepper, then pour into the prepared pastry case. Bake for a further 25-35 mins until the filling is set and golden. Leave to cool a little in the tin before removing and serving. *Will keep chilled for 24 hours. Can be served cold, or warm through in a low oven.* Serve with a green salad, if you like.

PER SERVING (8) 624 kcals • fat 51g • saturates 32g • carbs 28g • sugars 3g • fibre 2g • protein 12g • salt 1.03g

gf tip

To defrost the peas quickly, simply soak in boiling water then drain.

Carrot cake pancakes

Here, a classic cake is combined with the simplicity of a pancake to create a special pudding, breakfast or brunch treat.

MAKES around 10 **PREP** 15 mins
COOK 10-20 mins **EASY** **V**

225g self-raising flour
½ tsp ground cinnamon
½ tsp ground nutmeg
3 tbsp golden caster or light brown soft sugar
400ml milk
2 tbsp soft cheese, plus 100g for serving
1 egg
1 medium carrot (around 115g), grated
1 orange, zested
50g pecans, chopped, plus extra to serve (optional)
150ml natural yogurt
vegetable or sunflower oil, for frying
maple syrup or honey, to serve

1 Sift together the flour, cinnamon, nutmeg and sugar in a large bowl. Combine the milk, 2 tbsp soft cheese and egg in a large jug or bowl, then pour into the dry mix while whisking until you have a smooth batter. Stir in the grated carrot, orange zest and pecans, if using. Leave to rest for a few minutes.

2 Meanwhile combine 100g soft cheese and the natural yogurt, plus a drizzle of the juice from the zested orange, if you like. Leave in the fridge until needed.

3 Heat a teaspoon of oil in a frying pan over a medium-low heat, then add a ladleful of batter and cook until the pancake looks firm around the edges and the surface begins to bubble. If your pan is large enough, you can cook more than one at a time. Flip the pancake over and cook for 1-2 mins until cooked through. Repeat with the remaining batter, adding a little oil in between each pancake if necessary.

4 Serve the pancakes with spoonfuls of the yogurt mix, a scattering of pecans and a drizzle of maple syrup or honey, if you like.

PER PANCAKE (10) 211 kcals • fat 8g • saturates 2g • carbs 27g • sugars 10g • fibre 2g • protein 6g • salt 0.32g

Shoot director JORDAN EDMONDS MOORE | Food stylist JACK SARGESON | Stylist WEI TANG

Raise a glass

Mix a refreshing Campari cocktail, plus our pick of drinks to look out for in shops this month

recipe SAMUEL GOLDSMITH *photograph* CHELSEA BLOXSOME

Garibaldi cocktail

SERVES 1 **PREP** 5 mins
EASY V

- ice
- 50ml Campari
- 125ml freshly squeezed orange juice with bits
- orange slice, to garnish

Put a handful of ice in a highball glass, then pour over the Campari and orange juice. Stir, then garnish with the orange slice and serve.

GOOD TO KNOW gluten free
PER SERVING 184 kcals • fat none • saturates none • carbs 27g • sugars 27g • fibre none • protein 1g • salt 0.02g

GF tip

To make this alcohol-free, swap the Campari for Lyre's Italian Orange or Martini non-alcoholic Vibrante. You can also add a few drops of alcohol-free bitters to increase the bitter flavour.

Best buys

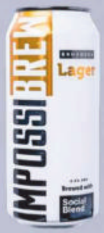
OUR TOP PICKS FOR MARCH

BEER

LANCASTER IPA

Welcome spring with this floral, hoppy IPA. Crafted with the unique Warrior Hop, the 4.5% ABV brew has a strong malt foundation for a well-balanced IPA. **£34.45, 12 x 500ml, *bestofbritishbeer.co.uk***

LOW-ALCOHOL LAGER



IMPOSSIBREW ENHANCED

Crafted from a premium Japanese recipe, this gluten-free 0.5% ABV lager delivers full body while using traditional brewing ingredients. It's crisp and dry with citrus notes. **£2.99, 440ml can, *impossibrew.co.uk***

WINE

DON'T FEED THE PONIES LITTLE BEE 2022

If you haven't tried orange wine yet, give this bottle a go. This minimal intervention wine is made with 100% Pinot Gris, with citrus notes, bright acidity and a long finish. **£21.50, from *sandridgebarton.com***

SOFT DRINK

TRIP MINDFUL BLEND BLOOD ORANGE & ROSEMARY

This magnesium-infused soft drink is designed to help you unwind, with a botanical balance of herbal rosemary and tart citrus. **£24 for 12, *drink-trip.com***

Shoot director RACHEL BAYLY | Food stylist ROSIE REYNOLDS | Stylist HANNAH WILKINSON

"The healing power of food"

In our search for new cooking talent, runner-up **Farzanah Nasser** wowed the judges with her vegan no-waste curry. Try it for yourself, as well as winner **Georgia Hughes'** stunning sea bass

Following our recent nationwide search for a talented food content creator, this month, and over the next three issues, we're taking the opportunity to showcase our runners-up who were highly commended by the judges, our head of food Cassie Best and chef Max La Manna.

Each contestant had to cook a vegan meal in the final after submitting a one-minute video to demonstrate their skills before Cassie and Max chose their top five – among them, nutritional therapist and medical practitioner Farzanah Nasser whose passion for food is tied to well-being.

"In my twenties, I faced several health challenges, including hormonal imbalances, gut issues and near burnout. I didn't want a quick-fix pill for each symptom – I wanted to uncover the root cause. This led me to study nutrition for three years and then further train with the Institute for Functional Medicine. This path revealed the true healing power of food and empowered me to make changes that ultimately reversed my conditions. Today, I'm deeply passionate about food and recipe development, inspired by my journey to healing.

"I believe it's essential to enjoy the foods that bring us joy while also choosing those that nourish us and support long-term health and vitality.

"Originally from India, I grew up in the UK, with parents who were born and raised in East Africa. Our family moved frequently and I've also lived in Hong Kong, Canada and the USA, where my parents are now settled. This exposure to diverse cultures and cuisines has enriched my appreciation of food and shaped the way I create recipes, blending flavours and influences from around the world."

Try Farzanah's vibrant no-waste curry (see recipe, right) plus a recipe from our winner, Georgia Hughes, on page 108.

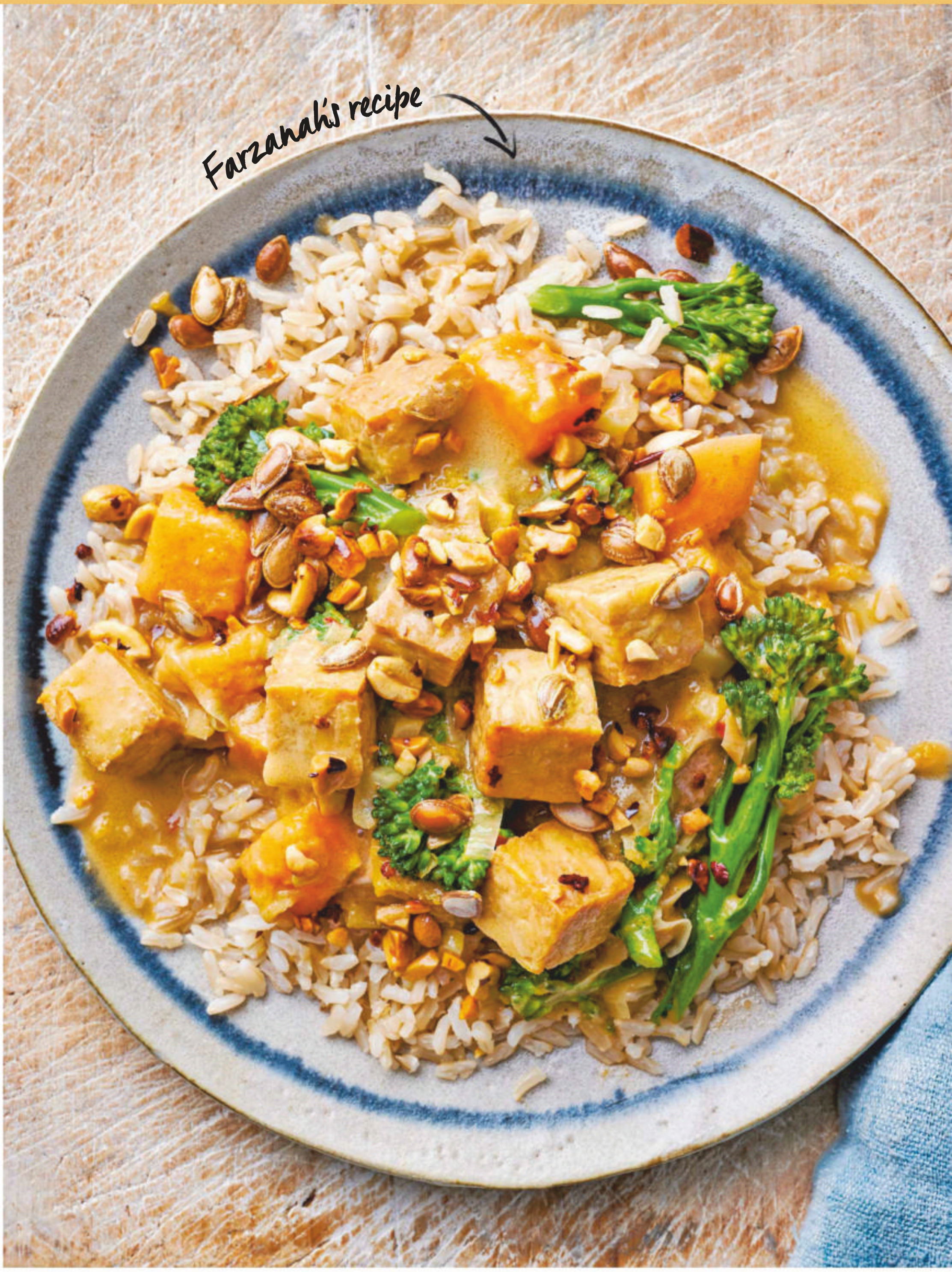
Above: Farzanah making her squash & peanut curry (see recipe opposite)
Right: Winner Georgia cooks for judges Max La Manna and Cassie Best

No-waste peanut & squash curry

Use up the whole squash and the seeds in this rich, flavourful curry, thickened with coconut milk and peanut butter.

SERVES 4 **PREP** 15 mins
COOK 45 mins **EASY** **V**

- 185g brown rice
- 50ml olive oil, plus 1 tsp
- 2 tbsp roasted salted peanuts, roughly chopped
- 1 tsp chilli flakes
- 200g block tempeh, cut into 2.5cm cubes
- 1 small butternut squash, halved (no need to peel)
- 1 leek, halved and finely sliced
- 2 tsp ground cumin
- 400ml can coconut milk
- 2 tbsp smooth peanut butter
- 200g long-stemmed broccoli



1 Cook the rice following pack instructions. Pour half the oil into a frying pan with the peanuts. Put over a medium heat and let it warm up. Stir occasionally and, once the peanuts start to take on some colour, stir in the chilli flakes, then remove from the heat. Set a sieve over a heatproof bowl and strain the liquid through. Reserve both the oil and the contents of the sieve.

2 Heat the oven to 200C/180C fan/gas 6. Put the pan back over a medium heat and pour in half of the reserved chilli oil. Add the tempeh, and brown on each side for 2-3 mins, then flip and repeat. Set aside. Meanwhile, scrape the seeds out from inside the squash and put in a sieve. Rinse under cold water to remove any stringy bits of flesh. Spread out on a piece of kitchen paper and pat dry. Tip onto a baking tray with 1 tsp of the olive oil and a good pinch of salt. Roast for 10-15 mins until golden and crispy. Cut the remaining squash into 2.5cm cubes and set aside.

3 Heat the remaining chilli oil in the frying pan over a medium heat. Mix in the leek and cook for 5-6 mins until slightly browned, then stir in the cumin and butternut squash, and season well. Cook for 2-3 mins, then pour in the coconut milk, fill the can halfway with water, then tip in along with the tempeh. Add the peanut butter and stir well, ensuring the peanut butter has dissolved. Bring to a simmer, then cover and cook for 20 mins.

4 Scatter the broccoli over the top of the curry, then cover and leave to simmer for a further 10-15 mins. The broccoli and squash should be tender when pierced with a knife. Serve with the rice and scatter over the reserved chilli and peanuts, and the roasted squash seeds.

GOOD TO KNOW vegan • vit c • folate • fibre • 2 of 5-a-day
PER SERVING 863 kcals • fat 56g • saturates 20g • carbs 51g • sugars 8g • fibre 12g • protein 33g • salt 0.19g

Sea bass recipe photograph JAMES LEE | Shoot director LAURIE NEWMAN | Food stylist JACK SARGESON Stylist LUIS PERAL | Squash curry recipe photograph TOM REGESTER | Shoot director FREDDIE STEWART
Food stylist TROY WILLIS | Stylist FAYE WEARS | Event photographs MARVELLOUS LAST NIGHT

Georgia's new recipe

Sea bass with kale pesto & sultana salsa

For something a bit lighter after months of wintry dinners, try crispy pan-fried sea bass, topped with fresh kale pesto and a simple sultana salsa with capers.

SERVES 2 **PREP** 10 mins
COOK 10 mins **EASY**

- 2 sea bass fillets, skin on
- 2 tbsp olive oil
- 3 tbsp unsalted butter
- 100ml white wine
- ½ lemon, zested and juiced
- 2 tbsp capers, drained
- 2 tbsp sultanas
- small handful of parsley, finely chopped
- roasted new potatoes or salad, to serve (optional)

For the kale pesto

- 50g pine nuts
- 80g kale, leaves stripped
- 60g parmesan, grated
- ½ lemon, juiced
- 1 small garlic clove
- 100ml olive oil

1 For the pesto, toast the pine nuts in a dry pan over a medium heat until golden, then tip into a food processor with the remaining pesto ingredients and blitz until smooth.

2 Pat the skin of the sea bass dry with kitchen paper and season with salt on both sides. Heat the oil in a non-stick pan over a high heat, then place the fish skin-side down and cook for 3 mins until the skin is crisp.

3 Flip the fish and add the butter, wine, lemon zest and a splash of lemon juice to the pan. Cook for another 2 mins, then remove the fish and set aside. Add the remaining ingredients to the pan and cook on a high heat for 2 mins, stirring occasionally. Season to taste, adding a splash more lemon juice if needed.

4 Drizzle the buttery sultana salsa over the sea bass, serve with a generous dollop of kale pesto and crispy new potatoes or salad.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 692 kcals • fat 57g • saturates 19g • carbs 12g • sugars 12g • fibre 2g • protein 23g • salt 0.83g

Go to *goodfood.com* for more on our Rising Stars competition, including the contestants' recipes.

goodFOOD
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in partnership with LAITHWAITES

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Championing rare grapes

Explore a stunning range of boutique wines from talented, sustainability-focused winemakers

Inside the case

We're delighted to have joined forces with the internationally renowned Royal Botanic Gardens, Kew, home to the largest living plant collection on the planet. Together we have produced a small range of wines that champion biodiversity and little-known grape varieties, often on the verge of extinction. In this case, you'll find a zingy-fresh **Carricante**, grown on the slopes of Mount Etna, perfect with creamy pasta, risotto or seafood; a **Mencía** brimming with juicy red fruits – try it with a rich, beef stew or cured cheeses. And lastly, two delightful fizzes – an elegant **Blanc de Cabernet Brut** and a **Crémant de Loire Rosé**. Both provide the ideal complement to seafood and charcuterie. Find out more about these exciting wines on the Wine Club website (see below).

CARRICANTE
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Good Food Wine Club wines are supplied and delivered by Laithwaites. 20 per cent discount code valid until 14 March 2025 when you buy six bottles from the Kew wines range. Free standard delivery, usually £7.99. Delivery to UK only (excluding CI and BFPO). All goods are subject to availability and all orders are subject to acceptance by us. Order acceptance and the contract between us is formed on despatch of products. See *goodfoodwineclub.com/terms* for full terms and conditions, and our privacy policy. Registered in England and Wales. Registered Number 1095091. One Waterside Drive, Arlington Business Park, Theale, Berkshire, RG7 4SW. Unless otherwise stated, all wines contain sulphites.

drinkaware.co.uk

Easter made easy

Need some seasonal roast inspiration? Discover how Bisto and Paxo can help you take yours to the next level

Nothing brings people together like a proper British roast, especially on Easter Sunday. You're probably already looking forward to gathering round the table with your loved ones to tuck into a delicious homecooked spread. There'll be a beautifully tender meat or vegetarian centrepiece with an array of tempting trimmings, including crispy roast potatoes, honeyed carrots and parsnips, steamed broccoli, cauliflower cheese and, of course, gravy and stuffing.

And if you're looking for a way to make your Easter roast even better this year, you can always rely on the nation's favourites, Bisto gravy and Paxo stuffing, to keep everyone at the table very happy.

Only the best

Whether you shape them into balls, cook them in a baking dish or use them to stuff your meat, Paxo's mouthwatering stuffing mixes are the perfect pairing for any Easter roast, from chicken to beef. Made with a tasty blend of herbs and seasonings, the classic sage and onion flavour is a real crowdpleaser – plus it's great for adding extra texture and taste to other seasonal dishes, such as pies, soups and pasta bakes.

Of course, you'll also want to top off your meal with a hearty helping of rich, warming gravy, and you can be sure everyone will love Bisto Best, made with real meat juices. Available in a range of classic flavours, including beef, chicken, lamb, pork, vegetable and onion, these versatile gravies are just as delicious served with a roast as they are poured over sausage and mash, or stirred into stews and casseroles.

Want to try cooking with Bisto and Paxo? Here are a couple of flavour-packed Easter recipes to get you started, including one for the big day and one for using up your leftovers.

Easy Bisto turkey leftovers pot pie

SERVES 4 **PREP** 10 mins
COOK 30 mins **EASY**

- 2½ tbsp olive oil
- 4 bacon rashers, roughly chopped
- 300g cooked turkey meat, shredded
- 400g roasted vegetables
- 3 tbsp Bisto Best Chicken Gravy
- 450g leftover roast potatoes, broken into large chunks
- 1 tsp dried sage

1 Heat the oven to 200C/180C/gas 6. Heat ½ tbsp oil in a frying pan or shallow casserole dish over a high heat. Add the bacon and fry for 4 mins until crispy, then stir in the turkey and vegetables and cook until heated through.
2 Mix in the Bisto Best Chicken Gravy and 400ml boiling water, stirring until thickened, then simmer for 1 min. If you're using a frying pan, transfer the mixture to a baking dish.
3 In a large bowl, toss the roast potatoes with the remaining oil and the sage, then sprinkle over the pie filling. Bake for 20-25 mins until golden and crispy on top.

Bisto
Best
MAKES 12 STUFFING BALLS
PAXO
Sage & Onion

For more Bisto and Paxo recipe inspiration, visit bit.ly/premier-foods-inspiration or scan the QR code

Rolled pork joint with Paxo stuffing

SERVES 4-6 **PREP** 15 mins
COOK 3 hrs 30 mins **EASY**

- 170g Paxo Sage & Onion Stuffing Mix
- 2kg boneless pork belly joint, skin on
- 2 tbsp vegetable oil
- 2 tbsp fennel seeds, crushed
- handful of fresh sage, leaves picked
- bread rolls, apple sauce and rocket, to serve (optional)

1 Heat the oven to 160C/140C fan/gas 3. Mix the Paxo stuffing mix with 425ml boiling water, then set aside.
2 Unroll the pork joint, skin-side down, and lightly score the flesh so it's easier to roll. Evenly spread the stuffing across the pork, leaving a 1cm border around the edge.
3 Starting from the shortest edge, tightly roll the pork and tie it with butcher's string, leaving a little room for the meat to expand in the oven. Brush the fat with the oil, then rub in the fennel seeds and a pinch of flaky sea salt. Tuck the sage leaves beneath the string.
4 Roast for 3 hrs, then increase the oven to 220C/200C fan/gas 8 and cook for another 30 mins, until the skin is crisp and golden. Slice the pork and serve as part of a roast dinner, or in bread rolls with apple sauce and rocket for lunch.

good FOOD HOLIDAYS

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Prices from £1,799pp*

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The Seine, Paris and Normandy

Eight days/seven nights
from £1799pp*
April 2025 - October 2026

This wonderfully scenic cruise departs from Paris along the majestic Seine into the heart of one of France's most historic regions, Normandy, taking in the remarkable sights that line the beautiful Seine.

Your cruise includes

- Seven nights in your choice of luxury cabin or suite
- All meals on board (except one lunch), welcome cocktails, Chef's Dinner plus a Superior drinks package**
- Complimentary on-board tea, coffee and Wi-Fi
- Return scheduled flights from a selection of regional airports or Eurostar from London St Pancras International with regional rail connections available†
- English-speaking crew and knowledgeable local guides
- Services of a Riviera Travel cruise director and concierge

Eight included experiences

- Four guided tours: Honfleur, Rouen, Paris and a choice between a tour of Bayeux, Arromanches and the D-Day beaches or tour of Normandy
- Four visits: Les Andelys, Caudebec-en-Caux, Monet's house, and Vernon

Rhine cruise to Switzerland

Eight days/seven nights
from £1799pp*
May 2025 - October 2026

Take in the wonderful scenery as you journey south from Cologne through the Rhine Valley to Switzerland. You'll drive through the Black Forest before taking a mountain rail journey into the Bernese Oberland.

Your cruise includes

- Seven nights in your choice of luxury cabin or suite
- All meals on board (except one lunch), welcome cocktails, Chef's Dinner, plus a Superior drinks package**
- Complimentary on-board tea, coffee and Wi-Fi
- Return scheduled flights from a selection of regional airports or Eurostar from London St Pancras International and TGV
- English-speaking crew and knowledgeable local guides
- Services of a Riviera Travel cruise director and concierge

Nine included experiences

- Visit Strasbourg, Koblenz, Rüdesheim, Speyer, Breisach and Lucerne
- Drive through the Black Forest to Freiburg or along the Alsace wine route to Ribeauvillé
- Railway journey up the Bernese Oberland Mountain range or spend free time in Basel
- Cruise the Rhine Gorge

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Exclusive offer for Good Food readers: All bookings will receive two free standard tickets to a Good Food Show††

TERMS & CONDITIONS *Prices are based on two people sharing and are correct at time of print. Single supplements may apply. **More information on what is included can be found at *rivieratravel.co.uk/offers/free-drinks-package*. †Supplements and availability may apply. Wi-Fi speeds onboard may vary. Holidays are operated by and subject to booking conditions of Riviera Travel, ABTA V4744 ATOL 3430 protected. Subject to availability. Additional entrance costs may apply. Images used in conjunction with Riviera Travel. ††Good Food Show tickets Good Food (published by Immediate Media Company London Limited) will contact you after your holiday to arrange tickets for your chosen show (excludes Saturday entry). Please see Good Food's privacy policy at *policies.immediate.co.uk/privacy* for details of how your personal information may be used to make these arrangements.

ABTA
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3430 ATOL PROTECTED
RIVIERA TRAVEL

IN *the* KNOW

Sharpen your skills in the kitchen with our expert guides
and make a note of the latest cookbooks and events to catch

Next level

French onion soup, p116

Cook the books

Gâteau reine de Saba, p123

Learn something new

Fermentation for beginners, p114

LEARN SOMETHING *new*

Fermenting for beginners

When you work as closely with the seasons as we do, some ingredients only have a short window before they go bad, so we like to preserve them to extend their season.

Lacto-fermenting is a simple, ancient method of preserving food in a brine solution, which kills the bad bacteria that causes food to rot and helps the good bacteria (called Lactobacillus) thrive. Sugars in the food are converted into lactic acid, which will ferment and preserve it, boosting the flavour in the meantime.

Lacto-fermented food is hailed as being good for our gut health because it's full of lively good bacteria and also preserves the fruit or vegetable's nutrients.

Expect a more acidic flavour from the food you're fermenting. At Osip, we typically use a brine made up of two per cent salt to 98 per cent water. In a sanitised jar, you simply submerge the ingredients in the brine, and let it sit for time and nature do the work. The amount of time will depend on what you're preserving, but generally it will help the produce last for weeks, and potentially even a few months. It also depends on factors like the ingredient's sugar content, the season and the humidity.

Sometimes, adding salt directly to vegetables is enough to draw out their water, which in turn makes its own brine and starts the process. You can get creative with what you use, from cucumber and garlic to plums and cherries. A great tip is to save the liquid from the process. It makes a fantastic seasoning, like a milder alternative to vinegar. A particular favourite is fermented carrot juice, which we use in a jam for cheese puffs or even to add depth to cocktails like a bloody mary.

Merlin earned a Michelin star at just 24 while he was head chef at Portland restaurant in London. In 2019, he opened Osip in Somerset, now in new premises with rooms, earning both a Michelin star and Green star. During lockdown, Merlin started an organic farm to supply his restaurants. He also runs the Old Pharmacy in Somerset, which showcases his commitment to sustainable cooking. *@merlin_johnson* *@osiprestaurant* *@oldpharmacybruton*

WILD GARLIC vs NETTLES

Both wild plants are in abundance in March but which does Merlin prefer?

WILD GARLIC
I love wild garlic, it reminds me of the beginning of spring – it's the light at the end of a long winter. You see those first shoots of green and there's a freshness to it. I like to use it in broths, like a chicken broth, as well as pesto (see p91). I also love to make the seed buds into capers (see right).

NETTLES
We do some really nice things with nettles at my other restaurant, The Old Pharmacy. I really like something called malfatti or gnudi. It's a mixture of chopped, cooked nettles which you blend with ricotta, parmesan and nutmeg, and then roll into little dumplings that you poach. It goes great with wild garlic pesto.

VERDICT
The plants have different flavours and apply to different dishes but can also be brought together in some dishes as a celebration of early spring wild foods. To find out more about wild garlic, turn to page 91.

Merlin Labron-Johnson, chef at farm-to-fork restaurant Osip shares advice on foraging ingredients and cooking with them

Micro skills

WHAT I TAKE FORAGING

At Osip we are hyperseasonal and we like our food to have a sense of locality, which means as well as our farm, we work with foraged ingredients. My tip when out foraging, especially when it's warm, is to take a spray bottle as well as scissors and a pocket knife. Have some kitchen paper or a clean tea towel handy to wrap things up with and keep them as fresh as possible while you travel back to the kitchen. This is particularly important with delicate wild herbs like wood sorrel.

Preserve the season

WILD GARLIC CAPERS

Once the wild garlic plant has flowered you're left with the seed pods that you can pickle like capers to add a pop of flavour to dishes. For every 200g of seed pods, you'll need 250ml pickling liquid. Bring **200ml white wine or cider vinegar** to the boil, tip in **100g caster sugar** and leave to dissolve. Pack **200g seed pods** into a sterilised jar, pour over the hot liquid and seal the lid. Leave for at least a week. *Will keep in a cool, dark place for up to a year.*

THE ONE

We asked Merlin, 'What's the one...'

...dish you cook at home better than anyone else?
I'd say my Lancashire hotpot. It's my signature comfort dish. I use a mixture of lamb cuts, including heart and kidney when I can find them. They add depth of flavor without being overpowering. I also rely on classic English seasoning – Worcestershire sauce and a dash of chilli sauce for that perfect balance of sour, sweet and umami.

...piece of kit you can't live without?
My Nutribullet. It's incredibly versatile – perfect for quick purées, pestos, dressings, and even juices. It's compact, easy to clean, and saves so much time.

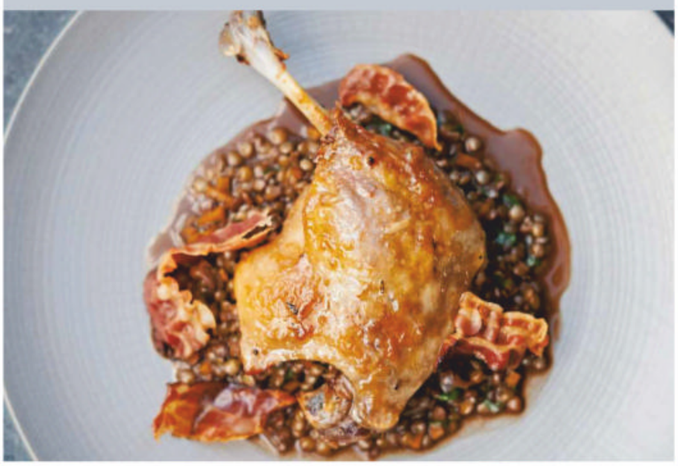
...mistake home cooks often make?
Not using a probe thermometer. It's such an easy way to get perfectly cooked meat every time. Don't guess – check the temperature!

...dish that changed your life?
Confit duck. Growing up visiting family in southwest France, it was a staple and always felt so special. Another standout is cassoulet – it's hearty, rustic and deeply comforting, like posh baked beans. Those flavours are etched in my memory.

...dessert you can't not order?
Tiramisu. Even when it's not perfect, it's still satisfying. But if I'm judging a restaurant, I'll often order a tart. It's deceptively simple, but making one well is a true test of skill.

...sustainable British ingredient we should all be using more?
Venison. It's plentiful, especially around my farm where they've started eating all my vegetables! Cooking with it helps control the population and supports sustainable farming practices. Plus, it's delicious.

...storecupboard ingredient you won't compromise on?
Anchovies. I only use high-quality ones from Cantabria. They're transformative in cooking, adding a rich umami punch to so many dishes.



Photographs DAVE WATTS/ FIONA MCALLISTER PHOTOGRAPHY/MOMENT/GETTY/IMAGE PROFESSIONALS GMBH/FOODCOLLECTION/GETTY/ FATMANPHOTOUK/ ISTOCK / GETTY IMAGES PLUS

Next level

FRENCH ONION SOUP

Supercharge every element of this Gallic classic from jammy caramelised onions to golden cheesy croûtes

recipe BARNEY DESMAZERY ***photograph*** LIAM DESBOIS

French onion soup that is cooked without care can be little more than an insipid bowl of watery onions instead of the deep, rich and comforting meal that is believed to have been enjoyed by King Louis XV at Versailles in the 18th century. Legend has it that he actually created the dish, although that is a matter for debate.

Our version focuses on precision in every step of the process, from creating deliciously sticky caramelised onions to perfecting a rich, velvety stock. It's a true celebration of onions and just how sweet and deep-flavoured they can be when cooked low and slow.

You can never have enough cheesy croûtes either, but instead of having them swimming in the soup, we're baking them into it. In that way this recipe veers towards a baked cheese and onion gratin.

SERVES 4-6 **PREP** 1 hr
COOK 1 hr 20 mins **EASY** ❄

- **75g butter**
- **2kg onions, halved and sliced as thinly as possible**
- **bunch of thyme**
- **3 bay leaves**
- **1 tsp yeast extract**
- **1 tbsp plain flour**
- **100ml white wine**
- **1 litre fresh beef stock**
- **2 tbsp olive oil**
- **½ stale baguette, sliced at an angle**
- **½ garlic clove**
- **150g gruyère, finely grated**

1 Heat the butter in a shallow casserole dish until melted and sizzling. Add the onions and season generously with salt, then stir well until the onions are coated in the butter and sizzling gently. Tie the thyme and bay leaves together using kitchen twine and nestle this into the onions. Cook on a medium heat for around 40-45 mins. At first the onions will release lots of liquid but you want to bubble that down and after about 20 mins they will start to caramelise. This is when you need to keep an eye on them and keep stirring and scraping up any sticky bits off the pan with a wooden spoon back into the onions.

2 When the onions have cooked down and are sticky and brown, stir through the yeast extract, then scatter over and stir through the flour. Cook the flour for 3-4 mins, then splash in the white wine, bubble for another 3-4 mins, then stir in the stock. Simmer gently for 20 mins until you have a glossy onion soup. Taste for seasoning.

3 While the soup is simmering, heat the oven to 200C/180C fan/gas 6. Drizzle half the oil over a baking tray, arrange the slices of baguette in the tray, then rub each one with the cut side of the garlic and drizzle with the rest of the oil. Scatter over about a third of the cheese and bake for 8-10 mins until golden. Remove from the oven. *The soup and the croûtes can be made the day before. Keep the soup chilled and the croûtes in an airtight container. Leave to cool first.*

4 When ready to serve, turn the oven up to 240C/220C fan/gas 9. Remove the herb bundle from the soup and, off the heat, arrange the croûtes over the top of the soup and scatter over the rest of the cheese. Bake the soup for 10 mins until the cheese has melted and the soup is bubbling around the edges. Bring to the table and serve straight from the dish. *Will keep frozen for up to six months. Defrost thoroughly before gently reheating.*

GOOD TO KNOW calcium • folate • fibre • 1 of 5-a-day
PER SERVING (6) 463 kcals • fat 24g • saturates 12g • carbs 39g • sugars 21g • fibre 9g • protein 16g • salt 1.18g

Shoot director LAURIE NEWMAN | Food stylist ROSIE REYNOLDS | Stylist MAX ROBINSON

next month

TRIPLE CHOCOLATE BROWNIES

Make an unbeatable version in our next issue (on sale 20 March).

Our top tips

SALT FOR SWEETNESS

The key to caramelising the onions and making them super-soft is time, but a generous pinch of salt at the beginning of cooking helps.

THYME TO SHINE

We've added herbaceous depth with a big bundle of thyme and bay leaves, elevating the aroma and taste. Don't forget to remove it before serving.

FLOUR POWER

A small sprinkling of flour (which needs to be cooked for a few minutes) thickens the soup and gives it a velvety texture.

FLAVOUR BOOST

A teaspoon of yeast extract enhances the savoury depth and means it doesn't need too much extra seasoning.

NO WINE?

A splash of white wine adds acidity, brightness and complexity but you can also use a teaspoon of white wine vinegar if that's what you have.

nutra check
Recipes for success

Tue 5 Nov

Food & exercise...

DESC/SERVING	KCAL	FATg
LUNCH	771	30.4
Courgette, Grilled 100g (edible portion)	19	0.2
Red Peppers, Raw Medium pepper (160g)	34	0.3
Walkers Quavers Cheese Snac... 54g	289	16.6
DINNER	375	1.8
Meal: Easy prawn noodles serving	244	1.8
Dry White Wine Medium glass (175ml)	131	0.0
SNACKS	321	9.7

TOTALS	KCAL	FATg
GOAL	1702	74.0
- FOOD	1705	45.4
+ EXERCISE	505	19.6
= LEFT	502	48.2

WATER 5 GLASSES
5-A-DAY 7.5 PORTIONS

★★★★★

Get everything you need
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GET OUT AND ABOUT

Celebrate the Hindu festival of colours and try an array of craft gins or award-winning cheeses

compiled by RACHEL GUNTER

The Big Market at Riverside East

29 March

This market brings together small businesses with over 30 local traders at each date, selling their unique wares, from ceramics to bakery goods, vintage and everything in between. Expect plenty of street-food traders, a pop-up record shop, and a jam-packed schedule of facepainting, kids' activities and workshops throughout the day, alongside live music and vinyl DJ sets. More dates are planned throughout the year.

Where: Queen Elizabeth Park, London

Tickets: Free admission

instagram.com/thebigmarketlondon

Move It

7-9 March

Try this unique high-energy dance event that brings together 30,000 learners, teachers, artists, studios and brands for three spectacular days packed with the best talent and creativity, all under one roof.

Where: Excel London

Tickets: From £29.50

moveitdance.co.uk

Nottingham Holi festival

8 March

In collaboration with multiple societies from across the Midlands, this electrifying celebration is back for an even bigger and better year. Prepare for an explosion of colours and celebrate Holi in style.

Where: Binks Yard

Tickets: From £9

instagram.com/nottinghamholifestival

The Gin to My Tonic festival

throughout March

Celebrate the breadth of craft gins, spirits and distillers and introduce yourself to new gins, rums and vodkas you may not have discovered before. Enjoy tasting samples as part of your tickets from an array of onsite craft distillers all excited to meet with you.

Where: Edinburgh, Aylesbury Liverpool, Cambridge, Winchester

Tickets: From £17.50

thegintomytonic.com/tickets

THE GIN TO MY Tonic

Bath & West Food & Drink festival

22-24 March

The British Cheese Awards will be front and centre for this festival, with visitors being able to taste some award-winning products. There will also be a bierkeller style area, and the Main Stage will host talks from experts in the food and drinks industry, and advice on pairings.

Where: The Bath & West Showground

Tickets: From £6

bathandwest.com/food-and-drink-festival

WHITE LAKE CHEESE

Try some of the cheeses recognised at the British Cheese Awards

good FOOD HOLIDAYS

Enjoy a seaside getaway at Rick Stein's St Petroc's

Take a two-night foodie escape and enjoy an à la carte dinner, champagne lunch, complimentary bottle of wine and signed copy of Rick Stein's latest book

From £385* for a two-night stay

Stays until 31 August 2025

This cosy restaurant has 10 bedrooms arranged above the atmospheric dining space with its wooden beams, just a few minutes' stroll from the estuary.

You'll have a restorative harbourside retreat with easy access to scenic coastal walks and activities, as well as the excellent eateries that this part of Cornwall has to offer.

Rick Stein and his family run a number of restaurants and establishments in Padstow; and included in your stay is a delicious three-course lunch with champagne at The Seafood Restaurant, as well as a three-course à la carte dinner at St Petroc's.

You'll also receive a bottle of Stein's red or white wine, plus cheese and charcuterie at Ruby's Bar, below St Petroc's restaurant, and a signed copy of Rick's latest book *Food Stories* will be waiting for you in your room on arrival.

When it comes to laying your head down for the night, you'll head up to your Cosy Room (upgrades available) furnished with crisp linens, and a bathroom with fluffy white towels. Alternatively, spend some time in the snug bar or help yourself to something from the guest pantry. And if you'd like to bring your four-legged friend, St Petroc's is dog-friendly too. There is an extra charge of £65 for dogs to include a blanket, bowl, treats and a toy, all of which you're invited to take home after your stay.

What's included

- A two-night stay at St Petroc's in a Cosy Room (upgrades available)
- A set three-course lunch in The Seafood Restaurant with a glass of champagne
- A three-course à la carte dinner in St Petroc's Bistro
- A bottle of Rick Stein's Spanish wine, plus cheese and charcuterie in Ruby's Bar
- A signed copy of Rick's latest book *Food Stories* in the room on arrival

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or for more information visit ***gf.tripsmiths.com/stpetrocs***

Exclusive offer for Good Food readers:* *All bookings will receive two free standard tickets to one of the Good Food Shows**

TERMS & CONDITIONS *Price is per person, based on two people sharing a Cosy Room for a two-night stay, subject to availability. Single occupancy is available at a reduction of £123 per night. Price and itinerary correct at time of print but may be subject to change. Full payment is taken 21 days prior to arrival. Fourteen days' notice prior to arrival is required in the event of a date amendment or cancellation. Travel insurance is not included and should be taken out at time of booking. Images used may not reflect your actual tour experience. Offer is operated by and subject to the booking conditions of Seafood Trading Ltd. **Good Food Show tickets: Good Food (published by Immediate Media Company London Limited) will contact you after your holiday to arrange tickets for your chosen show (excludes Saturday entry). Please see Good Food's privacy policy at *policies.immediate.co.uk/privacy* for details of how your personal information may be used to make these arrangements.

5 OF THE BEST ROASTING TINS

Get the best results with traybakes and roasts by investing in the right piece of kitchen kit, tested by our experts

words NATALIE BASS

Best for feeding a crowd

Circulon non-stick roasting tray and rack

This family-sized tin has a triple layer of non-stick coating and grooved interior, which prevents food from sticking. In our test, any residue wiped away easily by hand, though we had to watch that none was left behind in the grooves. Besides the simple clean, we liked that it comes with a rack, which is ideal for roasting fatty meats like duck and elevating food that might burn on the base.

Available from Circulon (£23.99)

Best for lifetime use

Le Creuset Signature cast iron roaster

A statement oven-to-table dish, this cast iron roaster is a kitchen classic that's available in a range of colours and sizes. It's heavy – even a 33cm roaster comes in at nearly 4kg – but the heft of it produces an even bake and the ability to retain heat at the table, making it the perfect choice for traybakes. As it's made from cast iron with an enamelled coating, you can also use it on all hob types.

Available from Le Creuset (from £229)

Best for budget

ProCook non-stick granite roasting tin

Reliable and practical, this is a quality buy if you want a no-frills, functional roaster. It has deep recesses under the rims that are generous enough for oven-gloved hands to grip. It passed our drop test with flying colours, and there was no buckling. Our traybake came out perfectly, too – the potatoes were crisp and golden, and the chicken thighs were evenly roasted.

Available from ProCook (£14)

Best for eco credentials

Kuhn Rikon New Life Pro roasting tin

If you're after a more sustainable option, this roaster, made from recycled aluminium, has been produced with up to 95% less energy than conventional aluminium ovenware. A lid is included, so you can cut back on cling film use when storing leftovers. The non-stick coating performed well in test, too, and we felt that its versatility and lightweight design made it ideal for a busy kitchen.

Available from Kuhn Rikon (£49.95)

Best for Sunday roasts

Lakeland large roasting tin with pouring lip

For a budget tin, this one has good features: a generous capacity, a non-stick surface, and raised bumps on the bottom to make heat circulation more efficient – this gave our roast potatoes a crunchy, golden finish. Its deep edges are useful if you want to roast meat on a bed of vegetables, and thanks to the wide lip in one corner, you can easily pour the meat juices into a pan afterwards to make gravy.

Available from Lakeland (£16.99)

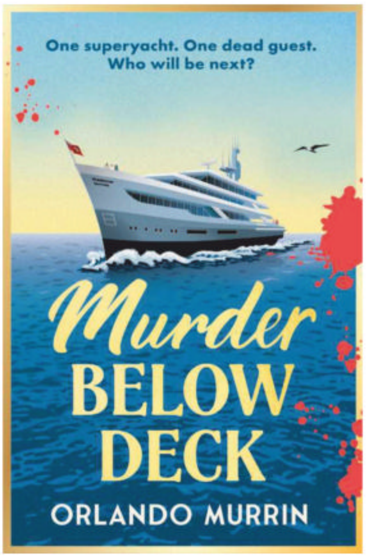
HOW WE CONDUCT OUR REVIEWS

We test and research a range of products in each category to ensure every budget is represented. Products must meet criteria to be shortlisted, including nationwide availability through an online retailer. Shortlists for testing always include a minimum of 10 products. Test matrices have specified testing criteria, including sustainability, energy usage and packaging.

BOOKS *for* COOKS

Our resident reviewer Fiona Forman makes an elegant French cake from *Murder Below Deck* by **Orlando Murrin**, plus more from the latest top titles

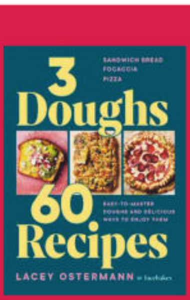
recipe photograph ANGELA NILSEN



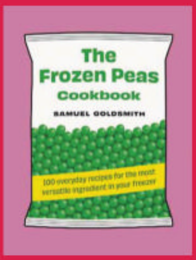
I love foodie novels, it's such a treat when you get a good story and recipes in one – *Heartburn* by Nora Ephron is my absolute favourite (hilarious and heartbreaking, and laced with comforting recipes like bacon hash). So, when I saw former Good Food editor and chef-hotelier Orlando Murrin had a new 'cosy crime' thriller out, *Murder Below Deck*, I knew it was going to be good.

Orlando inherited his fascination with crime from his grandfather – a Met detective who rose through the ranks to be an MI5 interrogator – and has had a long career in food (he was even a *MasterChef* finalist). He perfectly combines the two in his second novel about chef Paul Delaware. It takes place on a superyacht: Paul find his friend dead, staged as an accident, surrounded by cake crumbs and a pool of coffee, but he suspects foul play and goes on a quest to find out whodunnit. It's full of twists and turns, and while he's on board, he's also roped into cooking for guests, so there are lots of delicious food scenes and cookery tips along the way, including how to make the perfect scrambled eggs and secret ingredients to transform a bland stew. In the book, you'll also find several recipes, including mini mushroom tartlets, surf & turf mac 'n' cheese and, my favourite: a reine de Saba (Queen of Sheba) cake.

Popularised by Julia Child, this French cake is rich and chocolatey, but still so light, thanks to the meringue. I'm not a particularly accomplished baker – my baking usually extends to fail-safe banana bread – but despite a couple of mishaps along the way, the end result was incredible. It is easily one of the best cakes I've ever made, and it only needed about 25 minutes of prep. A couple of tips to note: ensure the chocolate stays warm, as it will seize quickly, and make sure that when you separate the eggs, not even a wisp of egg yolk makes it into the whites. I made this mistake, and after 10 minutes of beating with an electric whisk, the egg whites still weren't holding any kind of peak. I decided to risk it rather than do another batch, and the cake still came out perfectly. The glaze takes about 2 minutes to make in the microwave, and results in a silky, glossy finish. It's best eaten within a day or two, but it won't last that long!



***3 Doughs, 60 Recipes* by Lacey Ostermann (£24, Quadrille)**
In this clever book, from just three doughs – focaccia, sandwich bread and pizza – you can make 60 different bakes. Use focaccia dough to make French toast, slab sandwiches and cinnamon raisin bread; use sandwich bread dough for giant pretzels, bagels and burger buns; and pizza dough for stuffed crust, cheat's ciabatta and doughnuts. A must for keen bakers.



***The Frozen Peas Cookbook* by Samuel Goldsmith (£18.99, Murdoch Books)**
Cheap, good for you and so easy to cook, peas are one of my favourite freezer staples. Our own senior food editor (and writer) Samuel shows how easy it is to whip up dinner when you've got a bag in the freezer, from quick midweek meals to family feasts (I can't wait to make the chicken, pea & pesto lasagne). There are even a few bakes, including pea, pistachio & matcha cake and cheese scones – peas are perfect for adding sweetness and a vibrant pop of green.

Try Orlando's recipe

Gâteau reine de Saba (Queen of Sheba cake)

SERVES 8 **PREP** 25 mins plus 1 hr cooling and setting **COOK** 35 mins
MORE EFFORT **V**

- 120g butter, softened, plus extra for the tin
- 120g dark chocolate, finely broken up or chopped
- 25g ground almonds
- 40g plain flour
- 20g cornflour
- 150g caster sugar
- 1 tsp vanilla extract
- ¼ tsp almond extract
- 3 egg yolks (use the whites for the meringue below)
- 2 tbsp rum, brandy or coffee
- flaked almonds, well toasted, to decorate (optional)

For the meringue

- 3 egg whites
- ¼ tsp cream of tartar
- 1 tbsp caster sugar
- 1 tsp white wine or cider vinegar

For the glaze

- 100g dark chocolate, finely broken up or chopped
- 25-50g butter
- 1 tbsp rum, brandy or coffee

1 Butter a 20cm loose-bottomed cake tin (about 4-5cm deep). Line the base with baking parchment. Melt the dark chocolate in a heatproof bowl over a pan of simmering water (ensuring the bowl doesn't touch the water), or in short bursts in the microwave (this will take 2-3 mins in total). Cool.

2 For the meringue, whisk the egg whites, a pinch of salt and the cream of tartar using a stand mixer or electric whisk until starting to stiffen. Add the sugar in two additions. When the mix is stiff and meringue-like, beat in the vinegar. Set aside. If you're using a stand mixer and have a spare bowl, use it now, or transfer the beaten whites to a fresh bowl and rinse the bowl out, ready for the chocolate mixture.

3 For the cake, mix the ground almonds, flour and cornflour together in a small bowl. Beat the butter, sugar, vanilla and almond extracts together using the stand mixer or electric whisk until light and creamy, then beat in the egg yolks, followed by the cooled melted chocolate and rum, brandy or coffee.

4 Gently fold in a third of the meringue mixture using a large metal spoon, then do the same with half the flour mixture. Repeat, finishing with the remaining meringue mixture. There should be no lumps of egg white or flour visible. Spoon the mixture into the tin and gently spread to the edge.

5 Bake at 180C/160C fan/gas 4 for 25-28 mins, turning halfway through, if needed, until a skewer inserted about 5cm in from the edge comes out clean, with a few crumbs attached. The centre of the cake should feel slightly soft to the touch, but not liquid.

6 Run a palette knife around the edge of the cake, then leave to cool for 10 mins. Invert onto a wire rack, discard the baking parchment and leave to cool completely (this will take about 1 hr). *Will keep wrapped at room temperature for a day.*

7 Melt the chocolate for the glaze with the butter and rum in the same way as you did in step two until smooth (chocolate varies, so if it's too thick to pour, melt in an extra 25g butter). Put the inverted cake on a wire rack set on top of a sheet of baking parchment and pour the glaze over it, smoothing the top and sides. Decorate with flaked almonds, if you like. Leave to set, then remove to a cake plate. *Will keep in an airtight container at room temperature for up to two days.*

PER SERVING 464 kcals • fat 29g • saturates 16g • carbs 40g • sugars 32g • fibre 2g • protein 6g • salt 0.47g

Recipe adapted from *Murder Below Deck* by Orlando Murrin (£16.99, Bantam) out 6 March. Recipe photograph Angela Nilsen

good FOOD **HOLIDAYS**

Step back in time in Italy or Spain

Historic Paradores of Hidden Spain

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Departs May to November 2025

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- Four dinners
- Tour of Santander and Santillana del Mar
- Excursions to Asturias and Galicia
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Highlights and inclusions:

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- City tours of Palermo and Taormina
- Visit to the mosaics at the Villa Romana Casale
- Spend a day exploring the Aeolian Islands
- Visit Syracuse, rich in Greek and Roman history
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Newmarket HOLIDAYS

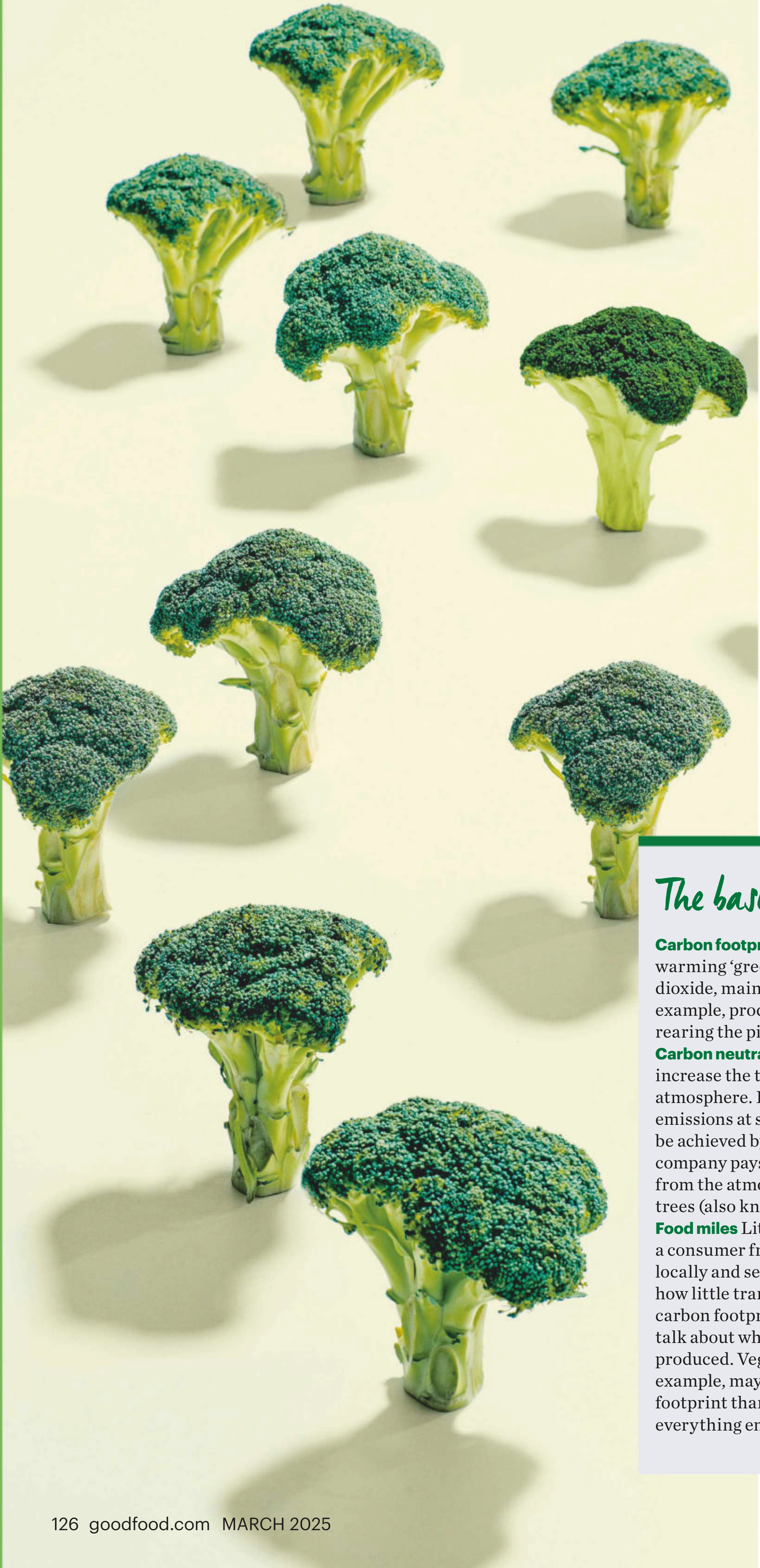
PLANET FRIENDLIER

'Green' buzzwords
EVERYONE SHOULD KNOW

From 'food miles' to 'mindful meat', our sustainability glossary explains some of the most common green concepts to help you make informed choices when shopping and eating out

words TONY NAYLOR

Tony Naylor is a Manchester-based food and drinks writer who regularly contributes, among others, to *Observer Food Monthly, The Guardian, Restaurant Magazine* and *olive*. @naylor_tony



We all want to make greener choices in what we eat and drink, not just to reduce our carbon footprint, but to encourage sustainable farming, protect wildlife and our beautiful rural habitats, and nurture ecosystems for future generations.

For all our good intentions, navigating the often baffling terminology can be a headache. A 2024 report, by communications agency Fleet Street and market researchers, Trajectory, found that fewer than 50 per cent of people completely understand concepts such as "locally grown" or "single-use plastics". Science terms, such as "biodiversity" or "carbon offsetting", were clear to just five per cent of consumers.

To help clarify, we've compiled a sustainability glossary that explains some of the most common green concepts you may encounter when you're shopping, eating out or reading about food's sustainability. Read on to empower yourself to make the right choices for you and the planet.

The basics

Carbon footprint A calculation of the planet-warming 'greenhouse gas' emissions (carbon dioxide, mainly), created by an activity. For example, producing a packet of bacon from rearing the piglet to the supermarket shelf.

Carbon neutral Activity which, overall, does not increase the total greenhouse gases in the atmosphere. Ideally, this is done by eliminating emissions at source. Carbon neutrality can also be achieved by **carbon offsetting**, where a company pays a third-party to absorb carbon from the atmosphere, for example by planting trees (also known as **reforestation**).

Food miles Literally how far food has travelled to a consumer from its site of production. Buying locally and seasonally is often sensible, but given how little transport contributes to a food's carbon footprint, experts increasingly prefer to talk about what an ingredient is and how it was produced. Vegetables imported by sea, for example, may produce a smaller carbon footprint than locally reared meats. As with everything environmental, it's complex.

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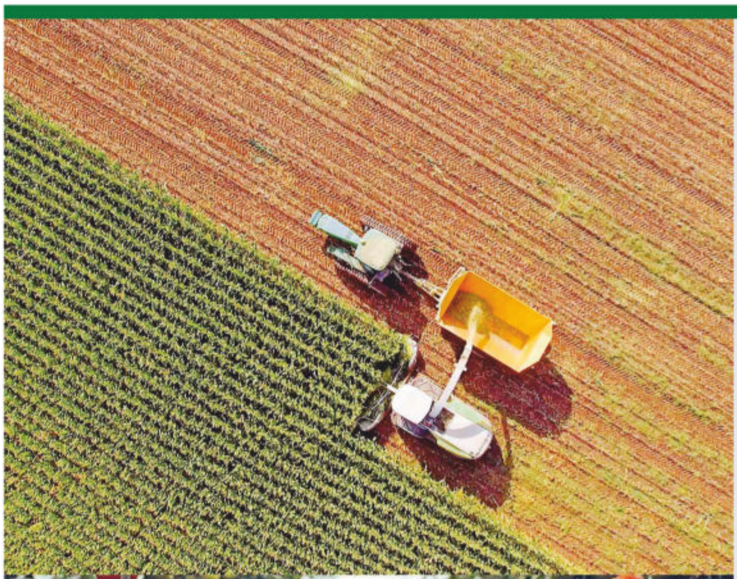


Farming & growing

Biodiversity In farming, land that sustains a rich variety of crops, plants, livestock and wildlife; as was common before the rise of intensive farming.

Intensive farming Highly mechanised farming that uses artificial fertilisers and concentrated animal feeds to produce large amounts of food quickly, affordably and reliably. It often involves the large-scale cultivation of one crop (known as a **monoculture**), and is responsible for river pollution, soil degradation and decreasing biodiversity.

Regenerative farming A flexible approach rather than an objective set of rules, **regen** or **low-input farming** seeks to maximise a farm's soil health and biodiversity by intermingling various crops, plants, trees, grazing animals and natural water sources, in such a way that farms can thrive with minimal-to-zero use of artificial fertilisers and pesticides. Known as **regenerative viticulture** in wine.

Organic farming Low-intensity farming that using traditional methods seeks to work, "in harmony with nature," says charity and certifying body the Soil Association. Certified organic producers must follow strict, legally defined rules covering many aspects of animal welfare and cultivation. For example, they cannot use weed-killers, and farms may only use a small number of naturally derived pesticides, such as citronella, within strict limits, as a last resort.

Food & eating

Flexitarian Flexitarians minimise their meat, fish and sometimes dairy intake (sourcing sustainably when they do partake), in favour of vegetables, beans, dried pulses and nuts. In food production, meat and other animal products create the bulk of greenhouse gas emissions. Switching to a mostly plant-based diet is one of the easiest ways to step more lightly on the planet.

Mindful meat Phrase used to denote avoidance of intensively farmed meats and an emphasis on eating "better meat" from abundant sources, such as wild game, or meats that would otherwise be a waste product (for example male kid goats from dairy farms).

Entomophagy Eating insects and food made from insect protein, which would alleviate pressure on the global food system.

Locavore Modern chef and consumer movement committed to buying locally produced foods, from the farm gate or within a 100-mile radius. This can bolster small businesses, communities and promote transparent, environmentally sound supply chains. It's sometimes referred to as farm-to-table dining.

Wine & drinks

Natural wine Wine returned to its pre-industrial origin, in order, say fans, to let the true flavours of a grape or growing area shine. Grapes are grown using organic or biodynamic principles, boosting soil health, fermented with wild yeasts and, unlike conventional wine (where various mechanical aids and additives can be used help makers ensure consistent flavours), left to develop without intervention. Certification schemes for natural wine are emerging. French makers can join the official *Vin Méthode Nature* designation. But, globally, most makers prefer to work pragmatically rather than to strict rules. For example, some will not add any stabilising sulphites to their wines, others modest amounts on a case-by-case basis.

Biodynamic Low-intensity farming with a spiritual edge, popular with winemakers. Shares many methods with organic and regenerative farming, but biodynamic farms also use nine treatments (called "preparations", fermented from natural ingredients) to improve soil and compost health. The efficacy of such treatments has not been scientifically verified. Some biodynamic farmers also rely on the lunar calendar, charting the position of the moon, to choose the best time for sowing and harvesting.

Capsule free Wines minus a non-recyclable foil wrap at the neck, which is an unnecessary and wasteful addition.

Tap wine
Wine served in recyclable or reusable kegs or pouches, reducing carbon emissions. Glass is energy-intensive to make and heavy to transport.

Restaurants & menus

Sustainable Restaurant Association The SRA certifies restaurants with its '**Food Made Good**' standard – a global evaluation of sustainable practises.

Michelin's green clover 'Sustainable Gastronomy' emblem awarded to restaurants doing good work in, say, growing-their-own or waste minimisation.

Nose-to-tail Cooking ethos popularised by chef Fergus Henderson which teaches, for both sustainability and flavour, that all edible parts of an animal should be eaten. Not just prime cuts but skin, organs, brains, bone marrow and more (known as **offal** or the '**fifth quarter**').

Fin-to-gill & root-to-fruit The same zero-waste approach but for fish and vegetables or fruit.

Hand-dived... by human divers. The least disruptive way of retrieving seafood, usually scallops, from sea beds. Other low-impact seafood sources to look out for include **rope-grown mussels**, **farmed oysters** and **creel- or pot-caught crab** and **lobster**.

Wildfarmed Not a farming method, but a company. Its regeneratively farmed wheat flours are popular with chefs.

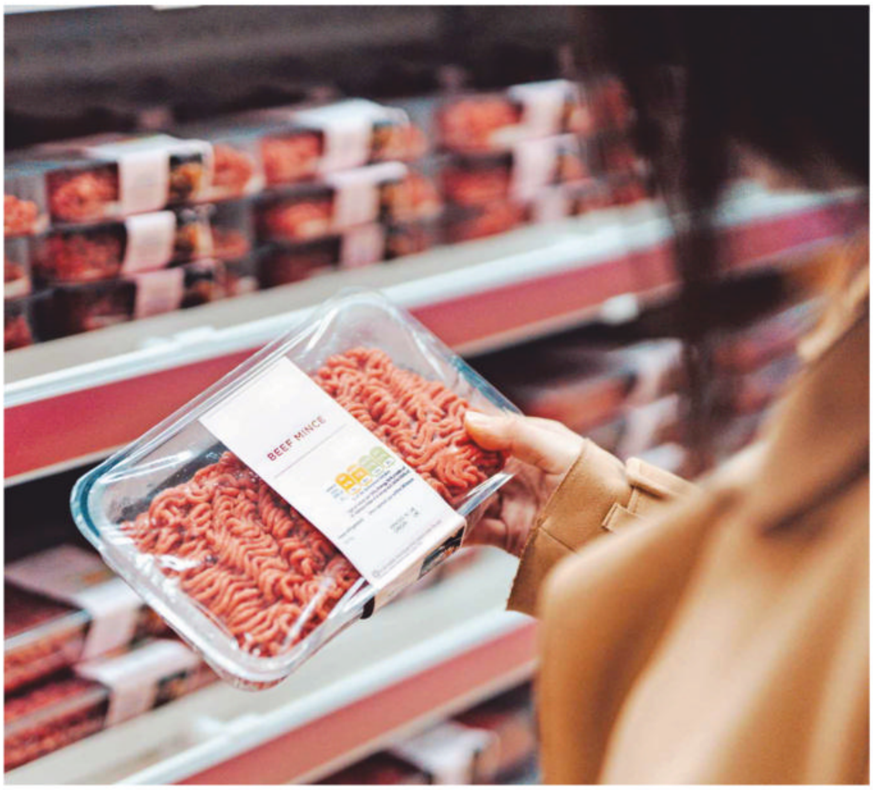
Einkorn, emmer & spelt Ancient forms of wheat hailed for their flavour, nutritional value and ability, as hardy crops, to thrive on biodiverse organic and regenerative farms.

Packaging

Single-use plastics Plastics used once then binned, and which are often difficult to recycle. For example, many restaurants are trying to swap cling film for greener alternatives, such as **beeswax wraps**.

Bioplastics Plastics derived from renewable plant matter, such as corn starch or sugar cane, which produces fewer greenhouse gas emissions. Popular in takeaway food packaging, many bioplastics are **compostable**, but only if collected for treatment in industrial composters, which work at hotter temperatures than home compost bins. Only items labelled '**home compostable**' or similar, can be thrown in with your potato peels and apple cores.

- **For more information, tips and recipes go to:** ***goodfood.com/sustainability***



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Trip of a lifetime

Experience a gastronomic paradise at an eco-conscious resort in Halkidiki, Greece

words LILY BARCLAY

Nestled in the stunning surroundings of the Kassandra peninsula in Halkidiki, Greece, Sani Resort is situated on a 1,000-acre ecological reserve with direct access to miles of private beach.

With over 40 restaurants and bars, the resort offers everything from gourmet dining to casual beachside snacks, and there are world-class childcare services from six months to teens, dedicated sports academies (tennis and football), and an array of water activities, including kids' pools and the calm shallow waters of its beaches. This family-run resort has expanded into five distinct hotels, each offering a different experience but all sharing the same values of sustainability. Heated pools mean you can visit year-round, but as this is a luxury setting, off-peak prices are more economical.

Outside the resort you'll find ancient olive groves, unspoiled beaches and tavernas nearby. Further afield, discover the cultural heritage of Mount Olympus, or take a boat trip to the Athos Peninsula, home to ancient monasteries and stunning landscapes. Within the hotel grounds Sani Marina is a lively spot with shopping, waterfront dining, and a relaxed atmosphere.

> "Outside the resort you'll find ancient olive groves and unspoiled beaches"

Eat

Sani is home to over 40 restaurants and bars, each offering something different to suit all tastes, from Michelin-starred dining to casual beachside bites. The resort's 'Dine Around' program allows guests to enjoy a range of set menus at multiple restaurants on either a half-board or full-board basis. The breakfast buffet is a particular treat, where you'll find freshly squeezed juices, an abundance of local yogurt and honey, homemade pastries and omelettes made to order, which you can enjoy overlooking the crystal clear sea.

The resort's annual food festival, Sani Gourmet, runs in the summer months celebrating top tier culinary talent with Michelin-starred chefs and wine pairings. Restaurants like La Cucina (Italian), Water Restaurant (Mediterranean seafood), and the Asian

Corner (Japanese and Thai) are standout choices, but there are also more casual options, such as beachside bars serving everything from cocktails to fresh seafood. You'll also find classic Greek tavernas surrounded by olive trees and overlooking the beach, which specialise in local seafood, Greek salads and the crispest white wines. And for families, the resort's kids' menus, designed by chef Annabel Karmel, ensure even the smallest diners are satisfied.

> “The resort is committed to sustainable tourism”

Planet

Sani Resort is committed to sustainable tourism, and extensive eco-friendly initiatives have earned it numerous accolades. From electric vehicle-charging stations to sourcing ingredients from local farms and implementing a no-waste approach in many of its restaurants, Sani works hard to minimise its environmental footprint without compromising its look and feel.

Stay

Accommodation ranges from beach view bungalows at Sani Club to suites at Porto Sani and a more contemporary, sophisticated vibe at Sani Dunes. Many of the resort's facilities and rooms are wheelchair accessible, and there is a dedicated disabled suite.

Prices at Sani Club start from £244 per night for a double room, on a half-board basis. Check the offers available – in some parts of the resort children under 12 stay free or at a very reduced rate.

GET THERE

The resort's website offers a flight and hotel booking option. Flights from London to Thessaloniki airport take around three hours, fifteen minutes. Get free transfers to and from the hotel when you book for stays of five nights or more directly through the Sani reservations department.
Visit *sani-resort.com* for details on pricing and how to book.

what to eat in

Istanbul

There's so much to try in this sprawling Turkish city spanning the European and Asian sides of the Bosphorus – here's a small selection of the most popular street food

1

ISKENDER KEBAP

A dish of sliced doner kebab is layered with hot tomato sauce, pide, cold yogurt and a shot of foaming, melted butter, often poured over at the table. Invented in Bursa by İskender Efendi, it's a staple on many menus.

2

PIDE

These round or boat-shaped breads are topped or filled with ground or cubed beef, spinach and cheese, or with cheese and egg. Kapalı are enclosed pide, and açik are open. Order different ones on the go and share.

3

CAĞ KEBAPS

These are made from lamb, and cut from a horizontal rotating spit. Bico (skewers) are pushed into the meat and they are served with thin lavaş breads, salads, sumac onions and ezme (tomato, red pepper and onion salad).

4

REGIONAL CUISINES

Chef Musa Dağdeviren, one of the subjects of Netflix's *Chef's Table*, opened Çiya Sofrası to showcase the dishes of his home region, Gaziantep. Expect ingredients including loquats and tart green unripe plums matched with meats.

5

BAKLAVA

Karaköy Güllüoğlu is the name you'll hear when you ask about baklava, there's a large shop and café near Galataport. Also try kadayif, Turkish delight and their wide range of pastries with a Turkish coffee.

6

SIMIT

These rings of twisted bread dipped in sesame seeds are sold as snacks city-wide – you'll find them everywhere. Grab one with a coffee and watch the world go by.

7

FISH SANDWICHES

Explore the fish markets at Beşiktaş, Kadıköy and Beyoğlu – just three of several around the city. You'll spot fishing boats all along the shores and you can buy fresh fish sandwiches, or balık ekmek, to eat on the spot.

8

MENEMEN

Loosely translated as Turkish scrambled eggs, the dish also features tomatoes, peppers and onions. The texture varies depending on the venue, from a soft scramble to a more omelette-like finish.

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good FOOD HOLIDAYS

Experience the cultural heritage of Berlin, Dresden and Krakow

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Berlin, Dresden, Meissen & Colditz

5 days/4 nights from £969pp

April 2025 - November 2025

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- The services of our experienced and insightful tour manager

Your classic experiences

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Departures exclusively for solo travellers also available

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April 2025 - December 2025

Set on the banks of the Vistula River near the foothills of the Carpathian Mountains, beautiful Krakow's entire historic centre is a UNESCO World Heritage Site. Once the home of Copernicus and Pope John Paul II, Krakow rivals Prague for sheer beauty and boasts more than 6000 historic buildings, so there's plenty to explore.

Your tour includes

- Return flights from a selection of regional airports with hotel transfers
- Three nights in four-star accommodation, with daily breakfast
- The services of our experienced and insightful tour manager

Your classic experiences

- Guided tour of Krakow's Medieval Centre and Wawel Castle District
- Optional guided tour of Auschwitz and Birkenau

Departures exclusively for solo travellers also available

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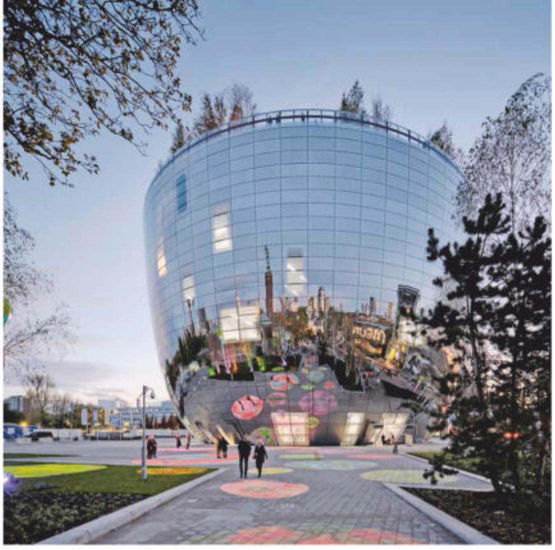

THREE OF THE BEST

Short breaks for families

NEW!

Experience a taste of somewhere different on a weekend away with the kids

Travelling to Europe for a city break is a fantastic way to get a little taster of a country and its culture. Consider taking a trip in the May or October half terms instead of the more expensive summer holidays.

Berlin

A great location for a family holiday with loads of outdoor activities. Berlin has a lot of open-air pools, favourites being the slide-filled Sommerbad Kreuzberg and Sommerbad Neukölln. Bring ID for entry, and cash if you fancy a plate of chips or an ice cream from the kiosk. There's an art-themed minigolf course in Tempelhofer Feld and you can stop by Europe's biggest zoo in the Tiergarten, or head to the outskirts of Berlin for stunning lakes: go for a splash in Müggelsee and the Grunewald forest, getting a seafood or schnitzel feast at Fischerhütte am Schlachtensee. Berlin's got a great fast-food culture, so try a burger at the Burgermeister kiosks, a currywurst at Curry 36, or brave the hour-long queue for a kebab at Mustafa's Gemüse Kebap. **Stay** Prenzlauer Berg and Mitte – try Apartments Rosenthal (family-sized apartments from £200 a night) or the cheap and cheerful Pension Prenzlberg (quadruple rooms from £100) – or experience canal-side living and independent shops of Friedrichshain-Kreuzberg at Hotel 26 (from £140). **Get there:** Around eight hours on the Eurostar or just under two hours to fly.

Rotterdam

Rotterdam is cheaper and, in our opinion, a cooler Netherlands city than Amsterdam just a 30-minute train from Schiphol airport. Fenix, an international art museum devoted to migration opens on 16 May, 2025. Other great art can be seen at The Depot – which has a tree-filled rooftop with a restaurant. Visit the city's Maritiem Museum, which has a fun soft play section for kids. Markthal, the city's giant food hall, contains a whole world of flavours: from gyros and tapas to churros and stroopwafels. Ted's Place is the perfect spot for brunch, hidden in a secret rooftop mini-farm. In summertime, walk along the Luchtsingel ('air boulevard') before a dip in Van Maanenbad pool. **Stay** On converted ship SS Rotterdam, which has a family room for £111 per night,or in a smaller houseboat called a Wikkelboat, complete with outdoor hot tub looking out to the marina, or try the Hotel New York (rooms from £158). **Get there:** Just over two hours on the Eurostar from London.

Lisbon

With reasonable prices, a city-and-beach combo and cracking weather, you can't go wrong with Lisbon. The outdoorsy nature of the city means you'll find playgrounds right next to cute cafes and bars. It's incredibly hilly, so there'll be a lot of energetic walking. If you visit the iconic Time Out Food Market, take your food to-go and enjoy it to the right of the building where you'll find a tiny playground and bar. Stroll through Alfama, up to Castelo de São Jorge, and up even further to the lookout Miradouro da Graça. Jump on a train at Cais do Sodre and head to Cascais. Enjoy pastel de nata, and try seafood restaurant Cervejaria Ramiro. **Stay** Book the Flores Guest House (family rooms from £80) or a gorgeous sea-view apartment at Portas Do Ceu for £277 for two nights. **Get there:** Under three hours' flight from London, or visit *seat61.com* to plan a train journey.

Photographs ALEXANDER SPATARI/MOMENT/GETTY, FREDERIC SCHWEIZER

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- Lunch at a local restaurant in Como, St Moritz and Varenna
- Private boat cruise to Como and back
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our recipes always work

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Get the best from our recipes

We test them thoroughly to ensure they work for you

- ● Read the recipe before starting. Basic storecupboard ingredients, like salt, aren't included in the ingredients list.
- ● Use standard measuring spoons for accuracy, especially for things like spices, yeast and salt.
- ● Where possible, we use humanely reared and produced British meats, poultry and eggs, and sustainably sourced seafood.
- ● To avoid waste, we suggest how to use any leftovers you may have from our recipes.
- ● Eggs carrying the British Lion mark guarantee that all hens are vaccinated against salmonella.
- ● We try to avoid using plastic. You'll find instructions to wrap or cover, but we won't specify what to use unless it is vital to the recipe.

Helping you to eat well
Our BANT-registered nutritionist analyses our recipes on a per-serving basis, not including optional serving suggestions. You can compare these amounts with the Reference Intake (RI), the official recommended amount an adult should consume daily. Energy 2,000 kcals, Protein 50g, Carbohydrates 260g, Fat 70g, Saturates 20g, Sugar 90g, Salt 6g (RIs for total fat, saturates, sugar and salt are the maximum daily amounts).
Healthy recipes are checked to ensure they have a low amount of saturated fat, sugar and salt per 100g, equivalent to green on a traffic-light label. On a per serving basis, Good Food require the saturated fat to be 5g or less, salt 1.5g or less and sugar, 15g or less per serving.
Low-fat recipes in Good Food are low per 100g, or 12g or less per serving.
Low-calorie recipes have 500 calories or less per main, or 150 calories or less for a dessert. We also include portions of fruit and/or veg in a serving, and highlight recipes that supply a third of the daily requirements of calcium, iron, folate and vitamin C, and a good source of fibre and omega-3.
Balanced recipes contribute to your five-a-day, include starchy carbohydrate, lean protein and dairy, or plant-based alternatives. These recipes also use unsaturated oils in small amounts, and all components of the meal are included in the analysis – only seasonings are excluded as 'to serve'. Saturated fats, sugar and salt are medium per 100g, or amber on a traffic-light label.

How we label our recipes
Vegetarian (V) or vegan recipes are clearly labelled, but be sure to check pack ingredients.
Freezing (❄) Can be frozen for up to three months unless otherwise stated. Defrost thoroughly and heat until piping hot.

- ● Recipes for advertisement features are checked by our cookery team but not tested by them.
- ● Our gluten-free recipes are free from gluten, but this may exclude serving suggestions. For more information, visit *coeliac.org.uk*.
- ● We are unable to answer individual medical or nutritional queries.

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Super sesame

Tahini and sesame seeds lend a mellow nutty flavour to this simple bake

recipe HELENA BUSIAKIEWICZ
photograph CHRIS TERRY

Tahini & sesame loaf cake

This is a great way to use up any leftover tahini you might have knocking around in the back of the fridge.

SERVES 8-10 **PREP** 10 mins
COOK 1 hr **EASY** **V**

- 150g salted butter, plus 1 tbsp, softened and extra for the tin
- 2 tbsp sesame seeds
- 220g golden caster sugar
- 75g tahini, well stirred
- 85g soured cream, at room temperature
- 2 eggs, beaten, at room temperature
- 2 tbsp vegetable oil
- 1 tsp vanilla bean paste
- 225g plain flour
- ½ tsp baking powder
- ½ tsp bicarbonate of soda
- splash of milk (optional)
- 1 tbsp honey (optional)

1 Butter and line a 2lb loaf tin with baking parchment. Use a pastry brush to spread the bottom of the lined tin with the 1 tbsp butter, then shake in 1 tbsp sesame seeds to coat the base. Set aside. Heat the oven to 190C/170C fan/gas 5.

2 Put the rest of the butter, the sugar and tahini in a large bowl. Beat using an electric whisk, until combined and fluffy, about 4-5 mins.

3 Whisk in the soured cream, eggs, oil and vanilla. The mix may split, but don't worry. Sift over the plain flour and raising agents, then fold to combine. Add a splash of milk if the mixture seems very thick.

4 Pour the mixture into the prepared tin, then sprinkle the remaining 1 tbsp sesame seeds on top. Bake for 55 mins-1 hr or until golden, risen and a skewer inserted into the middle comes out clean.

5 Leave to cool in the tin for 10 mins, then remove to a wire rack to cool completely. Brush with the honey (melted in the microwave if needed) for a shiny finish, if you like.

PER SERVING (10) 405 kcals • fat 24g • saturates 11g • carbs 40g • sugars 23g • fibre 2g • protein 6g • salt 0.55g

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